



# OCTOBER



MON

TUE

WED

THU

**\*Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

01

**B:** Ham & Cheese English Muffin Sandwiches, **Apples**, Skim Milk  
**L:** Baked Fish Sticks, Rice Pilaf, Broccoli, Pears, Skim Milk  
**S:** Mini Waffles & Sunflower Butter, Skim Milk

02 Pizza with your Person!

Full day and PM classes- at snack!  
AM Class- at lunch!

**B:** Banana Bread, **Applesauce**, Skim Milk  
**L:** Creamy Broccoli & Cauliflower Soup, Turkey & Cheese Cubes, WW Crackers, Bananas, Skim Milk  
**S:** Mini Pizzas with your Person!

06

**B:** Biscuits with Jelly & Honey, Mandarin Oranges, Skim Milk  
**L:** Eldorado Casserole, Salad, Pears, Skim Milk  
**S:** Sunflower Butter Oatmeal Energy Balls, Skim Milk

07

**B:** Potato, Veggie, Cheese & Egg Bake, WW Bread, Skim Milk  
**L:** Ham & Cheese Sandwiches, Carrot Sticks, Mixed Fruit, Skim Milk  
**S:** WW Crackers, Cucumber Slices, Skim Milk

08

**B:** French Toast, Applesauce, Skim Milk  
**L:** Sweet & Sour Chicken, Rice, Pineapple, Coleslaw, Skim Milk  
**S:** Blueberry Oatmeal Muffins, Skim Milk

09

**B:** Chex Cereal, Bananas, Skim Milk  
**L:** Pepperoni Pizza Soup, WW Crackers, **Apples**, Skim Milk  
**S:** Strawberry bagel bites, Skim Milk

13

**B:** Turkey Sausage Egg Muffin Bake, Pineapple, Skim Milk  
**L:** Beefy Rice Casserole, Carrots & Celery, Peaches, Skim Milk  
**S:** Cottage Cheese, WW Crackers, Skim Milk

14

**B:** Bagel, Mandarin Oranges, Skim Milk  
**L:** Tuna Sandwich, Cucumbers, **Apples**, Skim Milk  
**S:** Soft Pretzel Bites & Queso, Skim Milk

15

**B:** Yogurt, Peaches, Graham Crackers, Skim Milk  
**L:** Spaghetti, Green Beans, Pears, Skim Milk  
**S:** WW English Muffins w/ Sunflower Butter, Skim Milk

16

**B:** Blueberry Bran Muffins, **Applesauce**, Skim Milk  
**L:** Chicken & Wild Rice Soup, WW Rolls, Oranges, Skim Milk  
**S:** Pumpkin Bread, Apple Slices, Skim Milk

20

**B:** Mixed Berry Yogurt Parfaits, Skim Milk  
**L:** Sloppy Joes, Broccoli, Peaches, Skim Milk  
**S:** Breadsticks, Marinara, Skim Milk

21

**B:** Fruit Pizzas on English Muffins, Skim Milk  
**L:** Chicken Drummies, Mac n Cheese, Snap Peas, **Apples**, Skim Milk  
**S:** Cinnamon Bread, Skim Milk

22

**B:** Cheesy Scrambled Eggs, Pears, Skim Milk  
**L:** Chicken Alfredo Pizza, Green Salad, Pineapple, Skim Milk  
**S:** Zucchini Bread, Skim Milk

23

**B:** Corn Chex Cereal, Oranges, Skim Milk  
**L:** Taco Soup, Tortilla Chips, Bananas, Skim Milk  
**S:** Chex Mix, Skim Milk

27

**B:** Biscuits, Ham, Pineapple, Skim Milk  
**L:** Goulash, WW rolls, Apples, Skim Milk  
**S:** Cheesesticks & WW Crackers, Skim Milk

28

**B:** Cinnamon Bread, Applesauce, Skim Milk  
**L:** Chicken Enchiladas, Salad, Peaches, Skim Milk  
**S:** Yogurt Strawberry Parfait, Skim Milk

29

**B:** Scrambled Eggs, WW Bread, Cantaloupe, Skim Milk  
**L:** Tuna Noodle Casserole, Pears, Green Beans, Skim Milk  
**S:** Cinnamon Goldfish Graham Crackers, Sunflower Butter, Milk

30

**B:** Cheerios, Oranges, Skim Milk  
**L:** Beef Stew, WW Rolls, Bananas, Skim Milk  
**S:** Pretzels, Carrot Sticks & Ranch, Skim Milk

An equal opportunity employer and provider.

\*Menu is subject to change.

