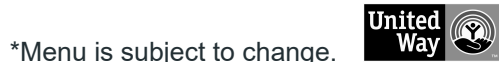


OCTOBER

MON	TUE	WED	THU
	01	02	03
<p>*Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!</p>	<p>B: Oatmeal, Mandarin Oranges, Skim Milk L: Chinese Casserole, Pears, Skim Milk S: Banana Graham Cracker Pops, Skim Milk</p>	<p>B: Yogurt & Strawberry Parfaits, Skim Milk L: Ham Mac & Cheese, Broccoli, Pineapple, Skim Milk S: Applesauce Muffins, Skim Milk</p>	<p>B: Kix, Oranges, Skim Milk L: Cheeseburger Soup, WW Rolls, Apples, Skim Milk S: Trail Mix, Skim Milk *Pizza with your person! Full day classes- at snack Part day classes- at lunch</p>
07	08	09	10
<p>B: Ham & Cheese on English Muffins, Pineapple, Skim Milk L: Chicken Salad in WW Pita, Celery & Carrots, Apples, Skim Milk S: WW Crackers w/ Pepperoni & Cheese</p>	<p>B: Scrambled Eggs, WW Bread, Blueberries, Skim Milk L: Lasagna, Spinach Salad, Pears, Skim Milk S: WW Cinnamon Bread, Skim Milk</p>	<p>B: Corn Chex, Oranges, Skim Milk L: Bean Burrito, Green Salad, Tropical Fruit, Skim Milk S: Breadsticks, Marinara, Skim Milk</p>	<p>B: Baked Oatmeal, Peaches, Skim Milk L: White Chicken Chilli, Tortilla Chips, Bananas, Skim Milk S: Celery & Peanut Butter Boats, Skim Milk</p>
14	15	16	17
<p>B: Cream of the West, Cantaloupe, Skim Milk L: Chicken Pot-Pie w/ Biscuit Crust, Peaches, Skim Milk S: Kix Cereal, Oranges, Skim Milk</p>	<p>B: Turkey & Sausage Cornbread Bake, Pineapple, Skim Milk L: Chicken Taco Wrap, Salad, Pears, Skim Milk S: WW Cinnamon Bread, Skim Milk</p>	<p>B: French Toast, Baked Apples, Skim Milk L: Tuna Melts, Pickles, Mandarin Oranges, Skim Milk S: PB & J Sandwiches</p>	<p>B: Corn Chex, Oranges, Skim Milk L: Navy Bean and Ham Soup, WW Rolls, Honey Dew, Skim Milk S: Pretzels, Cheesesticks</p>
21	22	23	24
<p>B: WW Bread, Cottage Cheese, Skim Milk L: Beef Tacos, Green Salad, Oranges, Skim Milk S: Crackers, Cheese Cubes & Apples</p>	<p>B: Oatmeal, Peaches, Skim Milk L: Ham, Scalloped Potatoes, WW Rolls, Pineapple, Skim Milk S: Pretzels, Veggies & Ranch</p>	<p>B: Egg & Cheese Sandwich, Strawberries, Skim Milk L: Baked Fish Sticks, Rice Pilaf, Broccoli, Pears, Skim Milk S: Mini Waffles w. PB, Skim Milk</p>	<p>B: Banana Bread, Applesauce, Skim Milk L: Creamy Broccoli & Cauliflower Soup, Turkey & Cheese Cubes, WW Crackers, Bananas, Milk S: WW Cinnamon Bread, Skim Milk</p>
28	29	30	31
<p>B: Oatmeal, Oranges, Skim Milk L: Eldorado Casserole, Salad, Pears, Skim Milk S: Peanut Butter Oatmeal Energy Balls, Skim Milk</p>	<p>B: Potato, Veggie, Cheese Egg Bake, Skim Milk L: Ham & Cheese Sandwiches, Carrot Sticks, Mixed Fruit, Skim Milk S: Rice Cakes, Peanut Butter, Apples</p>	<p>B: Biscuits w/ Jelly & Honey, Mandarin Oranges, Skim Milk L: Sweet & Sour Chicken, Rice, Pineapple, Coleslaw, Skim Milk S: Blueberry Oatmeal Muffins, Skim Milk</p>	<p>B: Chex Cereal, Bananas, Skim Milk L: Pepperoni Pizza Soup, Crackers, Cantaloupe, Milk S: Strawberry Bagel Bites, Skim Milk</p>

An equal opportunity employer and provider.



*Menu is subject to change.