



OCTOBER



monday

tuesday

wednesday

thursday

friday

BREAKFAST

FRUIT
BARS

CEREAL

YOGURT

CEREAL

MUFFINS

5-9

LUNCH

Jelly
Sandwich
Fresh Fruit

Chicken
Nuggets
Cucumber
Slices

Hot Dogs
Tator Tots

Fish Sticks
Peas

Pizza
Fruit

12-16

**Closed
Columbus
Day!**

Hot Ham and
Cheese
Sandwich
French Fries

Pancakes and
Sausage

English Muffin
Pizza
Fruit

Grilled Cheese
Sandwich
Fresh Fruit

19-23

Turkey and
Cheese
Rollups
Fresh Fruit

Meatball Sub
Corn

Mac and
Cheese
Green Beans

Spaghetti
Buttered
Bread

Corn Dogs
Brownie

26-30

Jelly
Sandwich
Fresh Fruit

Taco Meat
Tortilla Chips
Mixed Veggies

Homemade
Lunchable
Cookie

Cheese
Quesadilla
Fruit

Grilled Cheese
Sandwich
Chips

SNACK

The following options depending on availability:
Pretzels, Cookies, Cheese & Crackers, Fruit Snacks, Cheese Curls