

# OCTOBER BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1-3			Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nutri Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk
Oct 6-10	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nutri Bar Kit Cheez Its Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Honey Graham Crackers Choice of Milk
Oct 13-17	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nuti Bar Kit Honey Graham Cracker Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nutri Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk
Oct 20-24	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nutri Bar Kit Cheez Its Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Honey Graham Crackers Choice of Milk
Oct 27-31	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Nuti Bar Kit Honey Graham Cracker Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Cinnamon Toast Crunch Bar Kit Honey Graham Crackers Choice of Milk	Flavored Craisins 100% Assorted Juice Strawberry Pop Tart Honey Graham Crackers Choice of Milk

\*USDA is an equal opportunity provider, employer, and lender.

# OCTOBER LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1-3			Shepards Pie Roll Diced Pears Corn Choice of Milk	Baked Chicken Drumstick Yellow Rice Peaches Steamed Carrots Choice of Milk	Cheese Pizza Mandarin Oranges Caesar Salad with Romaine Choice of Milk
Oct 6-10	Chicken Philly Subs Diced Pears Green Beans Choice of Milk	Tacos WGR Tortillas Peaches Shredded Romaine Black Beans Choice of Milk	Meatballs and Pasta Pineapples Baby Carrots Choice of Milk	Chicken Tikka Masala Rice Mandarin Oranges Sweet Peas Choice of Milk	Cheese Pizza Salad with Romaine Ranch Choice of Milk
Oct 13-17	Cheeseburger Mac Diced Pears Steamed Carrots Choice of Milk	Chicken Enchilada Empanada Mandarin Oranges Black Beans Choice of Milk	Baked Ziti Roll Peaches Corn Choice of Milk	Chicken and Yellow Rice Pineapples Green Beans Choice of Milk	Cheese Pizza Diced Pears Caesar Salad with Romaine Choice of Milk
Oct 20-24	BBQ Drumstick Rice Mandarin Oranges Green Beans Choice of Milk	Beef Nachos Tortilla Chips Pineapples Red Beans Choice of Milk	Chicken Tenders Pears Corn Choice of Milk	Pulled BBQ on a Bun Peaches Baked Beans Choice of Milk	Cheese Pizza Mandarin Oranges Salad with Romaine Baby Carrots Choice of Milk
Oct 27-31	Meatball Subs Mandarin Oranges Corn Choice of Milk	Chicken Alfredo Roll Diced Pears Steamed Carrots Choice of Milk	Shepherd's Pie Roll Pineapples Green Beans Choice of Milk	Chicken and Yellow Rice Peaches Black Beans Choice of Milk	Cheese Pizza Mandarin Oranges Caesar Salad with Romaine Choice of Milk

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# OCTOBER SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1-3			100% Juice Cheez-its	Crackers Mozzarella Sticks	100% Juice Cheese Crackers
Oct 6-10	Chocolate Graham's Yogurt	100% Juice Cool Ranch Doritos	100% Juice Cheese Crackers	Baby Carrots Pretzels	Crackers Mozzarella Sticks
Oct 13-17	Carrots Goldfish	100% Juice Cheese Crackers	Apple Mozzarella Sticks	Graham Crackers Yogurt	Vanilla Graham Milk
Oct 20-24	100% Juice Doritos	100% Juice Cheetos	Carrot Colby Cheese Sticks	Chocolate Graham's Milk	Apple Cheese Crackers
Oct 27-31	Carrots Pretzels	Chocolate Chips Cookies Yogurt	100% Juice Cheez-its	Crackers Mozzarella Sticks	100% Juice Cheese Crackers

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