

A.M. Snack:

- Mon- Cereal and fruit
  - Tues- Waffles with syrup
  - Wed- Grits with Turkey Bacon
  - Thur- Toast with applesauce
  - Fri- French Toast Sticks w/ Orange slices
- Served with Water and Milk



P.M. Snack:

- Sliced cheese with crackers
  - Gold Fish & apple slices
  - Nutrigrain Bar & Carrot sticks
  - GoGurt & Nilla Wafers
  - Graham Crackers & Bananas
- Served with Water and Juice

# October Menu

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
<b>ALL MEALS SERVED WITH WATER AND MILK</b>	2	3	4	5	6	7	
	Cheese Quesadillas Pinto Beans Corn Tropical Fruit	Turkey Dog French Fries Carrot sticks Peaches	Pizza buns Seasoned Hominy Oranges	Chicken enchilada casserole Salad watermelon	BBQ beans Cheese nachos Carrot Sticks Pineapple		
	8	9	10	11	12	13	14
		Fish sticks Mashed pot Corn Fruit Cocktail Bread	Beef Ravioli/rice Squash Pears	Cheesy Mac Dog Mixed Veggies Oranges	Haystacks w/chips & Beans salad Peaches	Creamy Turkey Pasta Carrots Pineapple	
	15	16	17	18	19	20	21
	Chicken Nuggets Mashed Pot. Green Beans Pears Bread	BBQ beans Cheese nachos Carrot Sticks Pineapple	Chicken Alfredo/Pasta Cucumbers w/Ranch Fruit Cocktail	Chicken vegetable soup with pasta Bananas crackers	Spaghetti w/meatballs Salad/Ranch Peaches		
22	23	24	25	26	27	28	
	Turkey & Cheese Sandwich Carrot sticks Bananas	Chili w/beans Corn Bread Broccoli Pineapple	Pizza buns Seasoned Hominy Pears	Fish sticks Mashed pot Corn Fruit Cocktail Bread	Turkey Dog French Fries Green beans Peaches		
29	30	31	1	2	3	4	
	Cheesy chicken rice Broccoli Peaches	Spaghetti w/meatballs Salad/Ranch Fruit cocktail	Bean/cheese nachos Green beans Watermelon	Chicken Alfredo/Pasta Celery/Ranch Pineapple	Chicken Nuggets Mashed Pot. Green Beans Pears Bread		