




October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4 Breakfast: Cheerios & bananas Lunch: Soft Taco, corn, pears Snack: String Cheese & crackers</p>	<p>5 Breakfast: Cheese Grits & Fruit Lunch: Hamburger Steak, mashed potatoes, peas, strawberries Snack: Veggie straws & fruit</p>	<p>6 Breakfast: Cinnamon Toast & fruit Lunch: Chicken Alfredo, salad, fruit cocktail Snack: Granola bars & fruit</p>	<p>7 Breakfast: Bagel w/ cream cheese Lunch: Broccoli, chicken, cheese & rice casserole, peaches Snack: Yogurt & fruit</p>	<p>1 Breakfast: Cereal Lunch: Pizza Rolls, green beans, peaches Snack: Ritz Crackers</p>
<p>11 Breakfast: Blueberry muffins & fruit Lunch: Meatballs, mashed potatoes w/ gravy, pears Snack: Cheese & crackers</p>	<p>12 Breakfast: Cheese Toast Lunch: Chicken nuggets, French fries, fruit cocktail Snack: Cheese It crackers & grape juice</p>	<p>13 Breakfast: Pancakes Lunch: Steak fingers, pinto beans, applesauce Snack: Graham crackers & apple juice</p>	<p>14 Breakfast: Cinnamon rolls Lunch: Lasagna, green beans, mandarin oranges Snack: Goldfish</p>	<p>15 Breakfast: Oatmeal w/ fruit Lunch: Fish sticks, mashed potatoes, roll, peaches Snack: Teddy Grahams, apple juice</p>
<p>18 Breakfast: Buttered Croissants & fruit spread Lunch: Sloppy Joe, tater tots, apple slices Snack: Animal crackers & fruit</p>	<p>19 Breakfast: Pop tarts Lunch: Baked chicken, greens, cornbread, applesauce Snack: Jell-O</p>	<p>20 Breakfast: Toaster's strudels Lunch: Taco soup, corn, rolls, peaches Snack: Vanilla wafers & grape juice</p>	<p>21 Breakfast: English muffin sandwich Lunch: Pigs in a blanket, carrots, fruit cocktail Snack: Trail mix (cheerios, granola, cranberries, cheese balls)</p>	<p>22 Breakfast: Sausage biscuits Lunch: Chili beans, rice, cornbread, pears Snack: 100% fruit snacks</p>
<p>25 Breakfast: Cinnamon Toast sticks Lunch: Spaghetti, green beans, garlic bread, mandarin oranges Snack: Graham crackers & applesauce</p>	<p>26 Breakfast: Hashbrown Lunch: Grilled cheese & vegetable soup, pineapples Snack: Veggie straws & fruit</p>	<p>27 Breakfast: Raisin Bread Lunch: Chicken patty sandwiches, French fries, pears Snack: Cheese and crackers</p>	<p>28 Breakfast: Cereal Lunch: Chicken & rice, green beans, peaches Snack: Yogurt & fruit</p>	<p>29 Breakfast: Toast Lunch: Beef a roni, mix vegetables, peaches Snack: Goldfish</p>

*All meals served with milk unless otherwise stated and water is always available.