

October 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ³	Granola (1/2), Yogurt (1/3C), Fruit (1/2C), Juice (4oz) ⁴	French Toast (2), Fruit (1/2C), Milk (6oz) ⁵	Quesadillas (1/2), Fruit (1/2C), Juice (4oz) ⁶	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ⁷
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Goldfish Cracker (14pcs), Fruit Juice (3/4C)	Apple Slices, String Cheese (1/3C), and Water	Animal Crackers (6), Fruit (1/2C)Milk (6oz)
Breakfast	School Closed ¹⁰	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ¹¹	Bagel, Cream Cheese, Fruit (1/2C), Milk (6oz) ¹²	Quesadillas (1/2), Fruit (1/2C), Juice (4oz) ¹³	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ¹⁴
Lunch		Food From Home	Food From Home	Food From Home	Food From Home
PM Snack		Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Nilla Wafers (4), Yogurt (1/3C), Juice (3/4C)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)	Apple Slices, Yogurt (1/3C), and Water
Breakfast	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ¹⁷	Bagel (1), Cream Cheese, Fruit (1/2C), Milk (6oz) ¹⁸	French Toast (2), Fruit (1/2C), Milk (6oz) ¹⁹	Waffle (1), Fruit (1/2C), Milk (6oz) ²⁰	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ²¹
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Wheat Thins w/cream cheese(1), Juice(3/4C)	Animal Crackers (6), Fruit (1/2C)Milk (6oz)	Goldfish Cracker (14pcs), Fruit Juice (3/4C)	Grahams w/cream cheese(1), Juice(3/4C)	Apple Slices, String Cheese (1/3C), and Water
Breakfast	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ²⁴	Waffle (1), Fruit (1/2C), Milk (6oz) ²⁵	French Toast (2), Fruit (1/2C), Milk (6oz) ²⁶	Quesadillas (1/2), Fruit (1/2C), Juice (4oz) ²⁷	Chef's Choice (1), Fruit (1/2C), Milk (6oz) ²⁸
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Nilla Wafers (4), Yogurt (1/3C), Milk (6oz)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (6), Fruit (1/2C)Milk (6oz)	Goldfish Crackers (1oz), Fruit (1/2C), Juice (3/4C)
Breakfast	***Cereal (1/3C), Fruit (1/2C), Milk (6oz) ³¹				
Lunch	Food From Home				
PM Snack	Halloween Snack				