

October 2023 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	2 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	3 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	4 Waffles(1), Fruit (1/2C), Milk (6oz)	5 Bagel w/cream cheese (1), Fruit (1/2C). Juice (4oz)	6 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Goldfish(14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (8), Fruit, and Water(3/4C)	Yogurt (1/2C) Apple slices and Water	Grahams w/ cream cheese(1), Juice(3/4C)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)
Breakfast	9 School Closed for Professional	10 Pancake(1), Fruit (1/2C), Milk (6oz)	11 Bagel w/cream cheese (1), Fruit (1/2C), Juice (4oz)	12 French Toast, Fruit (1/2C), Milk (6oz)	13 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Development Day	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack		Yogurt (1/2C) Apple slices and Water	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Nilla Wafers (6),Yogurt (1/2C) , and Water(3/4C)	Goldfish(14pcs), Fruit (1/2C), Juice (3/4C)
Breakfast	16 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	17 Waffles(1), Fruit (1/2C), Milk (6oz)	18 French Toast, Fruit (1/2C), Milk (6oz)	19 Pancake(1), Fruit (1/2C), Milk (6oz)	20 Chef's Choice, Fruit (1/2C), Milk (6oz)
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Grahams w/cream cheese(1), Juice(3/4C)	Ritz Crackers (4), Sun Butter (1tsp), Juice (3/4C)	Goldfish(14pcs), Fruit (1/2C), Juice (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Animal Crackers (8), Fruit, and Water(3/4C)
Breakfast	23 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	24 Bagel w/cream cheese (1), Fruit (1/2C), Juice (4oz)	25 French Toast, Fruit (1/2C), Milk (6oz)	26 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	27 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
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)	Animal Crackers (8), Fruit, and Water(3/4C)	Grahams w/ cream cheese(1), Juice(3/4C)	Ritz Crackers (4), Sun Butter (1tsp), Juice (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)
Breakfast	30 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	31 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)			
Lunch	Food From Home	Food From Home			
PM Snack	Goldfish(14pcs), Fruit (1/2C), Juice (3/4C)	Nilla Wafers (6),Yogurt (1/2C) , and Water(3/4C)			

Cereals we serve include: Kix, Crispix, Golden Grahams, and Rice Krispies.

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