



MENU

October



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	 Cereal served : Cheerios, Kix, Chex, Rice Krispies			1 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	2 Muffins (1) Yogurt (1/4c) Milk (4oz)
PM SNACK	 Milk served : 12-24 months whole milk 2yrs-5yrs 1% milk			Bananas (1/2c) Sunbutter(1 Tbsp)	Pirate's Booty (1/2c) Fruit (1 Tbsp)
BREAKFAST	5 Biscuits(1) Jelly (1 Tbsp) Fruit(1/2c) Milk (4oz)	6 Quesadilla (1/2) Fruit(1/2c) Milk (4oz)	7 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	8 Pancakes (1) Fruit(1/2c) Milk (4oz)	9 Oatmeal (1/2c) Fruit (1/2 c) Milk (4oz)
PM SNACK	Goldfish (14 pcs) Fruit (1/2c)	Nilla Wafers (5 pcs) Applesauce (1/2c)	Rice Cake(1pcs) Sunbutter (1 Tbsp)	Granola Bar (1 pcs) Fruit (1/2c)	String Cheese (1 pcs) Crackers (4)
BREAKFAST	12 School Closed	13 French Toast (1) Fruit (1/2c) Milk (4oz)	14 Cereal Oatmeal Bar (1) Fruit (1/2c) Milk (4oz)	15 Mini Bagels (1) Cream Cheese (1 Tbsp) Fruit(1/2c) Milk (4oz)	16 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)
PM SNACK	School Closed	Animal Cracker (12 pcs) Fruit (1/2c)	Cheese (1 Slice) Crackers (4)	Nilla Wafers (5 pcs) yogurt (1/2c)	Chef's Choice Day
BREAKFAST	19 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	20 Quesadilla (1/2) Fruit(1/2c) Milk (4oz)	21 Pancakes (1) Fruit(1/2c) Milk (4oz)	22 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	23 Muffins (1) Yogurt (1/4c) Milk (4oz)
PM SNACK	Green Veggies (1) Ranch(1 Tbsp) Crackers (4)	Apples (1/2c) Sunbutter(1Tbsp)	Goldfish (14 pcs) Fruit (1/2c)	Teddy Grahams (1) Applesauce 1/2c)	Rice Cake(1pcs) Sunbutter (1 Tbsp)
BREAKFAST	26 Chef's Choice Day	27 Waffles (1) Fruit(1/2c) Milk (4oz)	28 Biscuits(1) Jelly (1 Tbsp) Fruit(1/2c) Milk (4oz)	29 Mini Bagels (1) Cream Cheese (1 Tbsp) Fruit(1/2c) Milk (4oz)	30 Oatmeal (1/2c) Fruit (1/2 c) Milk (4oz)
PM SNACK	Soft Pretzel Rod(1pcs) Applesauce (1/2c)	Cheez-its (14 pcs) Fruit (1/2c)	String Cheese (1 pcs) Apples(1/2c)	Graham Crackers (1) Sunbutter(1 Tbsp)	Green Veggies (1) Ranch(1 Tbsp) Crackers (4)