

# October

# Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
5	6	7	8	9
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
12	13	14	15	16
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
19	20	21	22	23
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
26	27	28	29	30
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast

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# Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Organic Apples	Chefs Choice
			Banana Muffins	Chefs Choice
5	6	7	8	9
Organic Oranges	Organic Berries	Organic Apples	Cantaloupe	Chefs Choice
Cheese & Cracker Plate	Chips & Salsa	Trail Mix	Homemade Granola Bars	Chefs Choice
12	13	14	15	16
Organic Apples	Honeydew	Organic Pears	Organic Oranges	Chefs Choice
Ham & Raisins	Gougeres	Fruit Salad	Cheese & Cracker Plate	Chefs Choice
19	20	21	22	23
Organic Apples	Organic Oranges	Organic Berries	Watermelon	Chefs Choice
Chips & Salsa	Berry Smoothies	Trail Mix	Zucchini Muffins	Chefs Choice
26	27	28	29	30
Organic Oranges	Organic Berries	Organic Apples	Organic Apples	Chefs Choice
Cheese & Cracker Plate	Hummus & Veggies	Fruit Salad	Oatmeal Bars	Chefs Choice

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# Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Teriyaki Chicken Meatballs over Rice and Vegetables	Butternut Squash Macaroni & Cheese
5	6	7	8	9
Chicken Yakisoba	Homemade Chicken Tenders with Dipping Sauce	Italian Slider Sandwiches	Chicken & Mushroom Stroganoff	Sweet & Sour Chicken over Rice and Vegetables
12	13	14	15	16
Spaghetti with Bolognese Sauce	Chicken & Black Bean Enchiladas	Turkey & Cheddar Melts	Roasted Pork Loin over Rice and Vegetables	Monte Cristo Sandwiches
19	20	21	22	23
Chicken Katsu over Rice and Vegetables	Chicken Noodle Soup with Homemade Focaccia Bread	Sloppy Joe Sliders	Teriyaki Salmon & Cucumber Sushi Rolls	Fish & Chips
26	27	28	29	30
Chicken Fried Rice	Crispy Chicken Tacos	Ham & Cheese Sandwiches	Roasted Turkey with Sweet Potatoes and Vegetables	Pizza Day