

October

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Grab -N- Go Parents Breakfast
4	5	6	7	8
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
11	12	13	14	15
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
18	19	20	21	22
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
25	26	27	28	29
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

October

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Chefs Choice
				Chefs Choice
4	5	6	7	8
Organic Oranges	Organic Berries	Organic Apples	Cantaloupe	Chefs Choice
Cheese & Cracker Plate	Chips & Salsa	Trail Mix	Berry Muffins	Chefs Choice
11	12	13	14	15
Organic Apples	Honeydew	Organic Pears	Organic Oranges	Chefs Choice
Ham & Raisins	Berry Smoothies	Fruit Salad	Cheese & Cracker Plate	Chefs Choice
18	19	20	21	22
Organic Apples	Organic Oranges	Organic Berries	Watermelon	Chefs Choice
Chips & Salsa	Pita & Cucumbers	Trail Mix	Zucchini Muffins	Chefs Choice
25	26	27	28	29
Organic Oranges	Organic Berries	Organic Apples	Canteloupe	Chefs Choice
Cheese & Cracker Plate	Ham & Raisins	Fruit Salad	Oatmeal Bars	Chefs Choice

October

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Herbed Chicken over Rice and Vegetables
4	5	6	7	8
Chicken Noodle Soup	Sweet & Sour Chicken over Rice and Vegetables	Ham & Cheddar Melts	Homemade Focaccia, Cold Cuts and Veggie Crudite Plate	Japanese Chicken and Vegetable Curry over Rice
11	12	13	14	15
Chicken & Vegetable Pad Thai	Cheese Quesadillas	Turkey & Cheese Sandwiches	Chicken & Vegetable Chili	Spaghetti with Bolognese Sauce
18	19	20	21	22
Chicken Fried Rice	Crispy Chicken Tacos	Italian Sliders	Teriyaki Chicken over Rice & Vegetables	Baked Macaroni & Cheese
25	26	27	28	29
Chicken & Vegetable Yakisoba	Roasted Turkey with Rice and Vegetables	Sloppy Joe Sliders	Chicken Karaage with Rice and Apples	Sunflower Butter & Jelly Sandwiches