

October

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
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
9	10	11	12	13
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	French Toast Organic Fruit Milk/Yogurt	Grab -N- Go Parents Breakfast
16	17	18	19	20
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
23	24	25	26	27
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	<i>*School Closed</i>
30	31			
Muffin Monday w/ Organic Fruit & Milk	Kids Choice Cereal Organic Fruit Milk/Yogurt			

October

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Organic Oranges	Organic Berries	Organic Apples	Cantaloupe	Chefs Choice
Cheese & Cracker Plate	Salami & Raisins	Chips & Guacamole	Oatmeal Bars	Chefs Choice
9	10	11	12	13
Organic Apples	Organic Berries	Organic Oranges	Honeydew	Chefs Choice
Yogurt & Granola	Cheese & Cracker Plate	Trail Mix	Berry Muffins	Chefs Choice
16	17	18	19	20
Organic Oranges	Cantaloupe	Organic Apples	Cheese & Cracker Plate	Chefs Choice
Berry Smoothies	Salami & Cheese	Organic Berries	Pumpkin Muffins	Chefs Choice
23	24	25	26	27
Organic Apples	Organic Oranges	Organic Berries	Pears	<i>*School Closed</i>
Trail Mix	Bananas & Nilla Wafers	Chips & Salsa	Zucchini Muffins	
30	31			
Organic Oranges	Peaches			
Cheese & Cracker Plate	Halloween Snack			

October

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Fried Rice	Crispy Chicken Tacos	Sunflower Butter & Jelly Sandwiches	Shrimp & Avocado Sushi Rollls	Roasted Turkey with Rice and Vegetables
9	10	11	12	13
Chicken Noodle Soup	Sweet & Sour Chicken over Rice and Vegetables	Ham & Cheddar Sandwiches	Homemade Foccacia, Cold Cuts and Veggie Crudite Plate	Japanese Chicken and Vegetable Curry over Rice
16	17	18	19	20
Chicken & Vegetable Pad Thai	Paneer Tika Masala	New England Style Shrimp Rolls	Herb Roasted Chicken, Pita, & Cucumbers	Penne Bolognese and Broccoli
23	24	25	26	27
Taco Bowls	Cheese Quesadillas	Egg & Cheese Sandwiches	Teriyaki Chicken over Rice & Vegetables	*School Closed
30	31			
Red Lentil Dal with Basmati, Peas, & Naan	Pizza Day			