



# OCTOBER MENU 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
		1	<b>BREAKFAST:</b> Oatmeal/Fruit/Milk Yogurt/Toast <b>LUNCH:</b> Chicken Kiev, Rice Pilaf, Cauliflower Wheat Roll <b>SNACK:</b> Angel Food Cake Strawberries	2	<b>BREAKFAST:</b> Egg Bake, Toast Fruit/Skm Milk <b>LUNCH:</b> Pot Roast Browned Potatoes Roasted Carrots <b>SNACK:</b> Cheese Stick Wheat Crackers	3	<b>BREAKFAST:</b> Waffles/ Sausage Fruit/ Skm Milk <b>LUNCH:</b> Herbed Turkey Corn Casserole Sliced Beets <b>SNACK:</b> Cheese Cottage Cheese	4	<b>BREAKFAST:</b> Dry Cereal/Fruit Skim Milk <b>LUNCH:</b> 4 Cheese Lasagna Fruit/Garlic Toast Wheat Rolls <b>SNACK:</b> Peanut Butter Wheat Crackers	
		7	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Ranchers Chicken Bread Dressing Glazed Carrots <b>SNACK:</b> Grapes Cheese Cubes	8	<b>BREAKFAST:</b> Egg&Bacon/Toast Fruit/Skm Milk <b>LUNCH:</b> Antipasto Salad Mixed Greens/Cheese Wheat Roll/Skm Milk <b>SNACK:</b> Pasta Salad Veggies	9	<b>BREAKFAST:</b> Bagels/Yogurt Fruit, Skm Milk <b>LUNCH:</b> Baked Chicken Mixed Vegetables Fruit Cup, Wheat Roll <b>SNACK:</b> BelVita Biscuit Fruit	10	<b>BREAKFAST:</b> Pancakes, Fruit Sausage, Milk <b>LUNCH:</b> BBQ Ham Steak Corn Casserole Capri vegetables <b>SNACK:</b> Soup Crackers	11
14	<b>Columbus Day</b> <b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Grilled Chicken Company Potatoes Asparagus/Red Peppers <b>SNACK:</b> Lunchmeat Sandwich Pretzels	15	<b>BREAKFAST:</b> Biscuits/Sausage Fruit/Skim Milk <b>LUNCH:</b> Hot Dog/Bun Pasta Salad Deviled Eggs <b>SNACK:</b> Cherry Cobbler Skim Milk	16	<b>BREAKFAST:</b> Hashbrown Casserole Fruit/Skm Milk <b>LUNCH:</b> Salisbury Steak Mashed Potatoes Glazed Baby Carrots <b>SNACK:</b> Yogurt Apple Juice	17	<b>BREAKFAST:</b> Fruit Smoothie Toast/Yogurt/Skim Milk <b>LUNCH:</b> Mushroom Cheeseburger Onion Rings Fruit Cup <b>SNACK:</b> Muffins Skm. Milk	18	<b>BREAKFAST:</b> Dry Cereal/Fruit Skim Milk <b>LUNCH:</b> Pepp.Pizza/ Salad Wheat Roll/Skm Milk Grapes <b>SNACK:</b> Pineapples Crackers	
21	<b>BREAKFAST:</b> Dry Cereal Fruit/Skim Milk <b>LUNCH:</b> Mesquite Turkey Baked Swt Potato Sicilian Vegetables <b>SNACK:</b> Hard Boiled Egg Crackers	22	<b>BREAKFAST:</b> Oatmeal/Fruit/Toast Yogurt/ Skm Milk <b>LUNCH:</b> Bacon Salisbury Steak Baked Potato Corn on the Cob <b>SNACK:</b> Trail Mix Grape Juice	23	<b>BREAKFAST:</b> Blueberry French Toast Fruit/Skm.Mlk. <b>LUNCH:</b> Crispy Fried Chicken Salad/Wheat Roll Berry Crisp <b>SNACK:</b> Chili Wheat Crackers	24	<b>BREAKFAST:</b> Dry Cereal Fruit/Skiim Milk <b>LUNCH:</b> Chicken Stir Fry Vegetable Fried Rice Dinner Roll <b>SNACK:</b> String Cheese Fruit	25	<b>ADS CLOSED</b> <b>STAFF</b> <b>FORMATION</b> <b>DAY</b> 	
28	<b>BREAKFAST:</b> Dry Cereal Banana/Skm Milk <b>LUNCH:</b> Glazed Baked Ham Macaronni & Cheese Broccoli/ Corn Bread <b>SNACK:</b> Cucumbers Wheat Crackers	29	<b>BREAKFAST:</b> French Toast, Eggs Sausage/Fruit/Milk <b>LUNCH:</b> Chicken Kiev, Rice Pilaf, Cauliflower Wheat Roll <b>SNACK:</b> Cheese Cubes Pretzels	30	<b>BREAKFAST:</b> Biscuits/Gravy Fruit/Skm.Mlk. <b>LUNCH:</b> Pot Roast Browned Potatoes Roasted Carrots <b>SNACK:</b> Apples Slices Peanut Butter	31	<b>BREAKFAST:</b> Pumpkin Pancakes Fruit/ Skm Milk <b>LUNCH:</b> Herbed Turkey Corn Casserole Sliced Beets <b>SNACK:</b> Pumpkin Pie Skim Milk.			

