



# October 2011



Mon	Tue	Wed	Thur	Fri
<p>3 Cereal, Grapes</p> <p>Grilled Cheese, Tomato Soup, Mix Veggies, Canned Pineapple</p>	<p>4 Bagels w/ Crm. Chs., Oranges</p> <p>Cheese Ravioli, Meat Sauce, Green Beans, Canned Peaches</p>	<p>5 Applesauce Muffin, Pears</p> <p>Sloppy Joes, Corn, Canned Mand. Oranges</p>	<p>6 Cereal, Bananas Chicken, Potato &amp; Cheese Pierogies, Carrots, Canned Applesauce</p>	<p>7 Oatmeal, Raisins, Pears</p> <p>Egg, Broccoli Quiche, Canned Pears</p>
<p>10 Cereal, Bananas</p> <p>Hamburger, Baked Fries, Corn, Seedless Grapes</p>	<p>11 Hard Boiled Egg, English Muffin, Apples</p> <p>Chicken Nuggets, Pasta Salad, Carrots, Canned Pears</p>	<p>12 Cereal, Grapes</p> <p>Pizza, Tossed Salad, Apples</p>	<p>13 Yogurt, Fruit Tacos</p> <p>Whole Wheat Pasta, Meat Sauce, Green Beans, Oranges</p>	<p>14 Bagels w/ Crm. Chs., Bananas</p> <p>Chicken Quesadilla, Beans, Canned Applesauce</p>
<p>17 Cereal, Grapes</p> <p>Homemade Chili, Cornbread, Mix Veggies, Canned Mand. Oranges</p>	<p>18 Scrambled Eggs, English Muffin, Grapes</p> <p>Chicken/Brocc/Rice Casserole, Apples</p>	<p>19 Cereal, Bananas</p> <p>Fish Sticks, Tator Tots, Peas, Canned Pears</p>	<p>20 Cereal, Oranges</p> <p>Soy Butter &amp; Jelly Sandwich, Vegetable Soup, Apples</p>	<p>21 Yogurt, Fruit Tacos</p> <p>Turkey Sausage, Pancakes, Carrots, Applesauce</p>
<p>24 Cereal, Bananas</p> <p>Chicken, Brown Rice, Green Beans, Seedless Grapes</p>	<p>25 Homemade Banana Muffin, Oranges</p> <p>Meatball Subs, Carrots, Canned Pineapple</p>	<p>26 Oatmeal, Raisins, Apples</p> <p>Turkey Sandwich, Cheese, Peas, Pears</p>	<p>27 Hard Boiled Egg, English Muffin, Grapes</p> <p>Mac &amp; Cheese, Peas, Oranges</p>	<p>28 Cereal, Bananas</p> <p>Turkey Tacos, Corn Chips, Beans, Canned Peaches</p>
<p>31 Cereal, Bananas</p> <p>Meatloaf, Mashed Potato, Corn, Canned Pears</p>				

Milk is served at Breakfast & Lunch. Whole milk is served to children under 2 yrs, 1% milk is served to children 2 yrs and older. A variety of cold cereal served, all with under 6 grams of sugar. Lunch is served with whole wheat bread when bread is not in the menu. Raw veggies are served with every lunch.