

October 2023

Breakfast

MONDAY

2

- Trix Cereal Bar
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

TUESDAY

3

- Confetti Pancakes
- Assorted Cereal
- Assorted Fruit Juice
- Dried Apple Crisps
- Milk, 1% Lowfat
- Milk, Fat Free Skim

WEDNESDAY

4

- Chocolate Chip French Toast
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

THURSDAY

5

- Goody Ring
- Assorted Fruit Juice
- Applesauce
- Milk, 1% Lowfat
- Milk, Fat Free Skim

FRIDAY

6

- WG Reduced Sugar Strawberry Popart
- Assorted Fruit Juice
- Fruit Choices
- Milk, 1% Lowfat
- Milk, Fat Free Skim

9

- Apple/ Strawberry Nutri-Grain Bar
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

10

- Chocolate Chip Pancakes
- Assorted Cereal
- Dried Apple Crisps
- Assorted Fruit Juice
- Milk, 1% Lowfat
- Milk, Fat Free Skim

11

- Crunchmania
- Craisins
- Assorted Fruit Juice
- Milk, 1% Lowfat
- Milk, Fat Free Skim

12

- Bagel & Cream Cheese
- Assorted Fruit Juice
- Applesauce
- Milk, 1% Lowfat
- Milk, Fat Free Skim

13

- S'mores Breakfast Bar
- Assorted Fruit Juice
- Fruit Choices
- Milk, 1% Lowfat
- Milk, Fat Free Skim

16

- Trix Cereal Bar
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

17

- Confetti Pancakes
- Assorted Cereal
- Assorted Fruit Juice
- Dried Apple Crisps
- Milk, 1% Lowfat
- Milk, Fat Free Skim

18

- French Toast Bites
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

19

- Goody Ring
- Assorted Fruit Juice
- Applesauce
- Milk, 1% Lowfat
- Milk, Fat Free Skim

20

- Reduced Sugar Apple Jacks Pac
- Assorted Fruit Juice
- Fruit Choices
- Milk, 1% Lowfat
- Milk, Fat Free Skim

23

- Apple/ Strawberry Nutri-Grain Bar
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

24

- Eggo Mini Waffles
- Assorted Cereal
- Assorted Fruit Juice
- Dried Apple Crisps
- Milk, 1% Lowfat
- Milk, Fat Free Skim

25

- Crunchmania
- Craisins
- Assorted Fruit Juice
- Milk, 1% Lowfat
- Milk, Fat Free Skim

26

- Bagel & Cream Cheese
- Assorted Fruit Juice
- Applesauce
- Milk, 1% Lowfat
- Milk, Fat Free Skim

27

- S'mores Breakfast Bar
- Assorted Fruit Juice
- Fruit Choices
- Milk, 1% Lowfat
- Milk, Fat Free Skim

30

- Trix Cereal Bar
- Assorted Fruit Juice
- Craisins
- Milk, 1% Lowfat
- Milk, Fat Free Skim

31

- Confetti Pancakes
- Assorted Cereal
- Assorted Fruit Juice
- Dried Apple Crisps
- Milk, 1% Lowfat
- Milk, Fat Free Skim

Grab & Go offered daily - Danimals Yogurt, Cheese Stick, Fruit, Vegetable, Whole Grain Items:

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MONDAY

2

- Breakfast for Lunch
- Apple Cinnamon French Toast
- Turkey Sausage Patty
- Hash Brown Potato Rounds
- Dragon Punch Vegetable Juice
- Mixed Fruit
- Cinnamon Applesauce Cup

TUESDAY

3

- Little Caesar's Cheese Pizza
- Baby Carrots
- Green Beans
- Apple Slices
- Dried Fruit Mixzees

WEDNESDAY

4

- Turkey Burger
- Whole Grain Bun
- Broccoli
- Sweet Green Peas
- Peaches, diced
- Blueberries

THURSDAY

5

- Hotdog on Whole Grain Bun
- Vegetarian Baked Beans
- Tater Tots
- Banana
- Pears, diced

FRIDAY

6

- Bosco Sticks
- Marinara Sauce
- Corn
- Scooby Snacks, 100% Fruit Snack
- Strawberry Banana Applesauce Cup

9

- Inside Out Cheeseburger French Fries
- Sweet Green Peas
- Peaches, diced
- Scooby Snacks, 100% Fruit Snack

10

- Little Caesar's Cheese Pizza
- Baby Carrots
- Green Beans
- Apple Slices
- Dried Fruit Mixzees

11

- WG Mini Turkey Corndogs
- Tater Tots
- Vegetarian Beans
- Mixed Fruit
- Craisins

12

- Grilled Cheese Sandwich
- Tomato Soup
- Broccoli
- Banana
- Pears, diced

13

- 2. Sloppy Joe on Whole Grain Bun
- Corn
- Cinnamon Applesauce Cup
- Dried Apple Crisps

16

- Bosco Sticks WG
- Marinara Sauce
- Dragon Punch Vegetable Juice
- Apple Slices
- Cinnamon Applesauce Cup

17

- Little Caesar's Cheese Pizza
- Baby Carrots
- Green Beans
- Apple Slices
- Dried Fruit Mixzees

18

- Whole Grain Chicken Nuggets
- French Fries
- Broccoli
- Scooby Snacks, 100% Fruit Snack
- Peaches, diced

19

- Mini Cheese Calzones
- Green Beans
- Corn
- Strawberries
- Pears, diced

20

- Chicken Drumstick
- Corn
- Black Beans
- Scooby Snacks, 100% Fruit Snack
- Pineapple Tidbits
- Whole Grain Roll

23

- Breakfast for Lunch
- Turkey Sausage Patty
- Sweet Green Peas
- Hash Brown Potato Rounds
- Mixed Fruit
- Strawberries
- Eggo Mini Waffles

24

- Little Caesar's Cheese Pizza
- Baby Carrots
- Green Beans
- Apple Slices
- Dried Fruit Mixzees

25

- Chef Salad
- Whole Grain Pretzel Rod
- Shredded Cheddar Cheese
- Turkey Ham Diced
- Shredded Lettuce
- Dragon Punch Vegetable Juice
- Cinnamon Applesauce Cup
- Welch's Fruit Snacks

26

- Macaroni & Cheese
- Deli Roasted Potato Cubes
- Broccoli
- Banana
- Dried Apple Crisps

27

- Walking Taco WG Doritos, Reduced Fat
- Shredded Lettuce
- Salsa
- Beef Taco Meat
- Shredded Cheddar Cheese
- Scooby Snacks, 100% Fruit Snack
- Pineapple Chunks

30

- WG Pretzel Bites
- Optional Cheese Cup offered
- Tater Tots
- Corn
- Mixed Fruit
- Dried Apple Crisps

31

- Little Caesar's Cheese Pizza
- Baby Carrots
- Green Beans
- Apple Slices
- Dried Fruit Mixzees

Milk Options Offered with Meals: Milk, 1% Lowfat, Chocolate Milk, 1% Low Fat

Grab & Go offered daily - Danimals Yogurt, Cheese Stick, Fruit, Vegetable, Whole Grain Items:

A la Carte Beverages Available for \$0.50 Each: Assorted Fruit Juice, Assorted Milk Choices

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