



# October 2024

Week 1	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast		Pancakes, Fruit, Milk	Yogurt, Fruit, Milk	Cheesy Scrambled Eggs, Banana	Bagel, Cream Cheese, Milk
AM Snack		Oranges, Chocolate Pudding, Water	Goldfish, Apples, Water	Cheese Cubes, Crackers, Water	Apple Slices, Pretzels, Water
Lunch		Chicken Taco, Corn, Peaches, Milk	Spaghetti and Meat Sauce, Green Beans, Apple Sauce, Milk	Sun butter and Jelly Sandwiches, Pineapple, Milk	Turkey and Cheese Roll Ups, Carrots, Mixed Fruit, Milk
PM Snack		Bean Dip, Tortilla Chips, Water	HM-Hummus, Pita Bread, Water	Cucumbers, Fruit, Water	String Cheese, Crackers, Water
Week 2	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Breakfast	Cereal, Banana, Milk	Cereal Bar, Fruit, Milk	Bagel, Cream Cheese, Milk	Overnight Oats, Fruit, Milk	Cereal, Milk, Fruit
AM Snack	Craisins, Goldfish, Water	Oranges, Animal Crackers, Water	Raisins, Pretzels, Water	String Cheese, Crackers, Water	Yogurt, Fruit, Graham Crackers, Water
Lunch	Lemon Garlic Chicken Rice w/ Spinach and Cauliflower, Applesauce, Milk	Beef Tacos, Corn, Pineapple, Milk	Shredded Barbecue Chicken Slider, Mixed Vegetables, Fruit cocktail, Milk	HM-Pasta Pomodoro w/ Parmesan Cheese, Broccoli, Peaches, Milk	HM-Chicken Curry w/Vegetables and Rice, Mandarin Oranges, Milk
PM Snack	Banana Chips, Sunbutter, Water	Salsa, Tortilla Chips, Water	Blueberry Muffins, Water	Hummus, Pita Chips, Water	Grapes, Animal Crackers,

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W= Water      HM= Homemade      I/T= Infant & Toddler



AM Snack	Graham Crackers, Orange Slices, Water	Apple Slices, Animal Crackers, Water	Hummus, Pita Bread, Water	Goldfish and Raisins, Water	Yogurt, Fruit, Water
Lunch	HM- Chicken Noodle Soup w/ Carrots, Crackers, Peaches, Milk	Cheese Quesadilla, Corn, Applesauce, Milk	HM-Creamy Tomato Pasta, Green Beans, Applesauce, Milk	English Muffin Pizza, Carrots, Peaches, Milk	Sloppy Jo Slider, Carrots, Fruit Cocktail, Milk
PM Snack	Cucumbers, Fruit, Water	Salsa, Tortilla Chips, Water	Cheese Cubes, Pita Crackers, Water	String Cheese, Town House Crackers, Water	Trailmix, Water
<b>Week 4</b>	<b>Monday 21</b>	<b>Tuesday 22</b>	<b>Wednesday 23</b>	<b>Thursday 24</b>	<b>Friday 25</b>
Breakfast	Cereal, Bananas, Milk	Yogurt, Fruit, Milk	Cereal, Milk, Fruit	Overnight Oats, Fuit, Milk	Cereal, Milk, Fruit
AM Snack	Banana Chips, Sun butter, Water	Goldfish, Craisins, Water	Hummus, Pita Bread, Water	Orange Slices, Graham Crackers, Water	Apple Slices, Pretzels, Water
Lunch	Pasta Alfredo, Broccoli, Peaches, Milk	Beef Taco, Corn, Pineapple, Milk	HM- Chicken Noodle w/ Mixed Vegetables Bake, Pineapple, Milk	MH-Beef Vegetable Soup, Crackers, Applesauce, Milk	HM-Chicken Fried Rice W Vegetables, Pears, Milk
PM Snack	String Cheese, Apple Slices, Water	Salsa, Tortilla Chips, Water	Grapes, Cheese Cubes, Water	String Cheese, Crackers, Water	Goldfish, Raisins, Water
<b>Week 5</b>	<b>Monday 28</b>	<b>Tuesday 29</b>	<b>Wednesday 30</b>	<b>Thursday 31</b>	<b>Friday</b>
Breakfast	Cereal, Bananas, Milk	Pancakes, Fruit, Milk	Bagels, Cream Cheese, Milk		
AM Snack	Trailmix, Water	Graham Crackers, Sun butter, Water	Goldfish, String Cheese, Water		
Lunch	Ham and Grilled Cheese Sandwiches, Carrots, Mixed Fruit, Milk	Chicken Tex-Mex Casserole, Corn, Applesauce, Milk	Spaghetti and Meat Sauce, Green Beans, Pears, Milk		
PM Snack	Cucumbers, Ranch, Water	Bean Dip, Tortilla Chips, Water	Carrots, Ranch, Water		

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