

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WW Toast Fruit Milk	4 English Muffins Fruit Milk	5 Oatmeal Fruit Milk	6 WG Cereal Fruit Milk	7 Misc. Toast/Cereal Fruit Milk
Cheddar, Broccoli & Potato Soup French Bread Fruit Milk	Sweet & Sour Chicken Peppers & Onions Brown Rice Fruit Milk	Pesto Pasta Salad Cheese Cubes Beans Fruit Milk	Beef & Mac Corn Fruit Milk	WW Bean & Cheese Burritos Veggies Fruit Milk
Wheat Thins & Fruit	Graham Crackers & Milk	Sun Butter & Apples	Pita Chips & Hummus	Leftover Fruit/Veg & Crackers
10 WW Pancakes Fruit Milk	11 WW Banana Bread Fruit Milk	12 Yogurt & Granola Fruit Milk	13 WW Toast Fruit Milk	14 Misc. Toast/Cereal Fruit Milk
Mac & Cheese Broccoli Fruit Milk	Navajo Tacos Garnish Zucchini Fruit Milk	Greek Salad Pita Bread Beans Fruit Milk	Chicken Noodle Soup Crackers Fruit Milk	WW Sun Butter & Jelly Sandwiches Veggies Fruit Milk
Animal Crackers & Milk	Cheese Itz & Fruit	Sun Butter & Rice Cakes	Chex Mix & Fruit	Leftover Fruit/Veg & Crackers
17 Turkey & Cheese Sandwiches Fruit Milk	18 Bagel & Cream Cheese Fruit Milk	19 WG Cereal Fruit Milk	20 WW Pumpkin Bread Fruit Milk	21 Misc. Toast/Cereal Fruit Milk
Spinach Lasagna Soup Mozzarella Peas Fruit Milk	Chicken Curry Green Beans Vegetarian Beans Triscuits Fruit Milk	Veggie Frito Pie Corn Fruit Milk	Smothered Beef Burritos Calabacitas Fruit Milk	WW Cheese Pizza Veggies Fruit Milk
Granola Bars & Milk	Pretzels & String Cheese	Bread Sticks & Marinara	Club Crackers & Fruit	Leftover Fruit/Veg & Crackers
24 Croissants Fruit Milk	25 Sweet Br. Rice Fruit Milk	26 WW Toast Fruit Milk	27 Cereal Fruit Milk	28 Misc. Toast/Cereal Fruit Milk
Quesadillas Beans Cucumbers Fruit Milk	Chicken Alfredo Broccoli Fruit Milk	Chili Beans Carrots Corn Bread Fruit Milk	Taco Salad Zucchini Fruit Milk	WW Turkey Sandwiches Veggies Fruit Milk
Goldfish & Fruit	Pub Mix & Fruit	Sun Butter & Jelly Rollups & Fruit	Trail Mix & Milk	Leftover Fruit/Veg & Crackers
31 WW Toast Fruit Milk	1 Waffles Fruit Milk	2 Cream of Wheat Fruit Milk	3 Raisin Bread Fruit Milk	4 Misc. Toast/Cereal Fruit Milk
Spaghetti & Meatballs Corn Fruit Milk	WW Grilled Cheese Red Pepper & Tomato Soup Fruit Milk	Veggie Stir Fry Tofu Brown Rice Fruit Milk	Beef & Veggie Stew French Bread Fruit Milk	Bean & Cheese Tostadas Veggies Fruit Milk
Ritz & Fruit	Ants on a Log	Yogurt & Berry Smoothies	Goldfish & Fruit	Leftover Fruit/Veg & Crackers