

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>1 Cereal, raisins, milk – Spaghetti with beef, grapes, squash, milk– Tortilla wrap, pickles</i>	<i>2 French toast, applesauce, milk– Carrot and potato w/ cheese cubes, oyster crackers, bananas, milk– Saltines, apple slices</i>	<i>3 Oatmeal, cantaloupe, milk– Bbq chicken, roll, oranges, corn, milk– Tortilla chips and cheese</i>	<i>4 Scrambled eggs, hashbrowns, milk– Creamed chipped beef, toast, pears, zucchini, milk– Oyster crackers, turkey cubes</i>	<i>5 Toast, muskmelon, milk– Turkey tortilla wraps, pineapple, pickles, milk– Breadsticks, spaghetti sauce</i>	<i>6</i>
<i>7</i>	<i>8 Yogurt w/granola, strawberries, milk– Pot roast w/carrots & potatoes, roll, warmed applesauce w/ cinnamon, milk– Ritz and avocado salsa</i>	<i>9 Oatmeal, raisins, milk– Cheesy broccoli soup, saltines, grapes, tator tots, milk– Trail mix and oranges</i>	<i>10 Cereal, blueberries, milk– Pork sausage pasta casserole, pears, beets, milk– Saltines and cheese</i>	<i>11 Bagels w/cream cheese, apples, milk– Fish sticks, macaroni & cheese, green beans, milk– Cheez itz and watermelon</i>	<i>12 Toast w/jelly, bananas, milk– Cheese sandwiches, bread, pineapples, mixed veggies, milk – Goldfish and raisins</i>	<i>13</i>
<i>14</i>	<i>15 Cereal, bananas, milk– Goolash w/ ground beef and noodles, pears, milk– Brownies, raisins</i>	<i>16 Pancakes, strawberries, milk, Sausage & black bean soup w/ celery, carrots, crackers, oranges, milk– cheerios, applesauce</i>	<i>17 Toast w/jelly, grapes, milk– Turkey casserole, blueberries, squash, milk– Nila waffers, bananas</i>	<i>18 Cubed ham, home fries, milk– Jambalaya w/chicken, rice and green pepper, cooked pumpkin, milk – Pretzels & oranges</i>	<i>19 Banana bread, apples, milk– Black bean quesadilla, peaches, corn, milk– Cinnamon pita bread, blueberries</i>	<i>20</i>
<i>21</i>	<i>22 English Muffins, peaches, milk– Cheese cubes, noodles, apples, mixed veggie soup, milk– Rice krispies, yogurt</i>	<i>23 Waffles, fruit cocktail, milk– Egg salad, roll, grapes, pork and beans, milk– Flat bread and black olives</i>	<i>24 Bagels w/cream cheese, oranges, milk– Chicken nuggets, buttered bread, cantaloupe, broccoli, milk– Chex mix and apples</i>	<i>25 Cereal, raisins, milk– Pepperoni cheese pizza, Eng muffin, peaches, fruit mix, milk– Graham crackers, mandarin oranges</i>	<i>26 Cheese toast, pears, milk– Cheese ravioli, green beans, peaches, milk– Ranch oyster crackers, cheese curds</i>	<i>27</i>
<i>28</i>	<i>29 Cinnamon toast, raisins, milk– Pork Roast, rice pilaf, cantaloupe, sweet potato, milk– Pretzels and carrots</i>	<i>30 French toast, applesauce, milk– Cold tuna cheese & pea salad w/noodles, blueberries, milk– Graham crackers, strawberries</i>	<i>31 Oatmeal, cantaloupe, milk– Spinach, cheese, tomato pizza on English muffin, squash, milk– Snap peas and cheese</i>	<i>Nov. 1 Scrambled eggs, hashbrowns, milk– Chicken salad spread on bun, grapes, pickles, milk– Animal crackers, melon</i>	<i>2 Cereal, muskmelon, milk– Turkey chili, saltines, applesauce, kidney beans, milk– Bagels and boiled eggs</i>	<i>3</i>