

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Sept. 30 Oatmeal, blueberries, milk- Lasagna with beef, pineapple, beets, milk - Tortilla chips & cheese sauce</i>	<i>1 French toast, applesauce, milk- BBQ chicken, baked beans, cornbread, pears, milk- Saltines & Pepperoni</i>	<i>2 Sausages, peaches milk- Beef and cheese nachos, refried beans, mandarin oranges, corn, milk- Pita bread & celery w/ ranch</i>	<i>3 Scrambled eggs, hashbrowns, milk- beef gravy, mashed potatoes, mixed fruit, butterbread, milk- Crackers & cheese</i>	<i>4 Cereal, grapes, milk- Cold chicken & cheese roll-up, melon, pickles milk- yogurt & strawberries</i>	<i>5</i>
<i>6</i>	<i>7 Cereal, bananas milk- Beef goulash, pears, peas, milk- Pretzels & oranges</i>	<i>8 Pancakes, strawberries, milk- Chicken & rice soup, crackers, apples, celery & carrots, milk- Cheerios & applesauce</i>	<i>9 Banana bread, mixed fruit, milk- Turkey casserole w/ peas & carrots, pineapple, milk- Cinnamon pita bread & apples</i>	<i>10 Cubed ham, home fries, milk- Rice-aroni pepperoni pizza, mixed fruit, corn, milk - Smores bars & raisins</i>	<i>11 Toast w/jelly, blueberries, milk- Black bean & cheese quesadilla, peaches, mixed veggies, milk- Cottage cheese & strawberries</i>	<i>12</i>
<i>13</i>	<i>14 Yogurt w/ granola, strawberries, milk- Chicken and veggie stir fry, pears milk- Chocolate chip cookie bars & milk</i>	<i>15 Egg, cheese & sausage bake, raisins, milk- Cheesy broccoli soup, saltines, pineapple, milk- Rice Krispy treats & yogurt</i>	<i>16 Cereal, blueberries, milk- Pepperoni pasta casserole, mandarin oranges, beets, milk- Saltines & cheese</i>	<i>17 Toast w/ cinnamon, apples, milk- Kielbasa, mac & cheese, cauliflower, milk- Tortilla chips & salsa</i>	<i>18 Sausage & gravy over biscuits, bananas, milk- Cheese sandwiches, grapes, green beans, milk- Goldfish & raisins</i>	<i>19</i>
<i>20</i>	<i>21 English Muffins, pineapple, milk- Baked chicken, mashed potatoes, pears, bun, milk- Apple crisp, milk</i>	<i>22 Applesauce bars, raisins, milk- Ham sandwich, peas, grapes, milk- Graham crackers, mandarin oranges</i>	<i>23 Bagels w/cream cheese, oranges, milk- Chicken noodle soup w/carrots, apples, milk- Chex mix, apples</i>	<i>24 Waffles, fruit cocktail, milk- Pepperoni and cheese pizza, English muffins, peaches, carrots, milk- Animal crackers & celery</i>	<i>25 Cereal, applesauce, milk- Bologna sandwich, mixed fruit, mixed veggies, milk- Ranch oyster crackers and cheese slices</i>	<i>26</i>
<i>27</i>	<i>28 Cinnamon toast, raisins, milk- Jelly sandwich, oranges, cheese curds, celery sticks, Crackers & carrots w/ranch</i>	<i>29 French toast, applesauce, milk- hot tuna cheese & pea salad w/ noodles, blueberries, milk- Graham crackers, strawberries</i>	<i>30 Cereal, fruit cocktail, milk- Cheese ravioli, apples and cinnamon, milk- Pumpkin lasagna, raisins</i>	<i>31 Green eggs and ham, milk- Crescent roll mummy hot dogs, tator tots, applesauce, milk- Critter crunch, milk</i>	<i>Nov. 1 Cereal, pears, milk- Beef chili, saltines, grapes, kidney beans, milk- Cinnamon sugar pretzels, peaches</i>	<i>2</i>