



SEPTEMBER & OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 9-28 Oatmeal Milk Apple Lunch: French Toast Sticks Sausage Cheese Slice Oranges Carrots Milk Snack: Pretzels & Dried Cranberries Milk	Breakfast: 9-29 Pancakes Pears Milk Lunch: Turkey & Cheese Sandwich Green Beans Pineapple Milk Snack: Guacamole & Tortillas Chips Milk	Breakfast: 9-30 Corn Chexs Orange Juice Milk Lunch: Spanish Rice With Meat Mixed Vegetables Bread & Butter Applesauce Milk Snack: Carrots & Cucumbers Veggie Dip Crackers Water	Breakfast: 10-1 English Muffins Peaches Milk Lunch Beef Vegetable Soup Cheese Sandwich Banana Milk Snack: Apple & Crackers Water	Breakfast: 10-2 Corn Flakes Milk Oranges Lunch Chicken Alfredo Pears Bread & Butter Corn Milk Snack Graham Crackers Milk
Breakfast: 10-5 Raisin Bran Milk Grape Juice Lunch: Chicken Patty Bread & Butter Carrots Pears Milk Snack: Cheese & Crackers Water	Breakfast: 10-6 Waffles Syrup Oranges Milk Lunch: Beef Shepherd Pie Carrots & Peas Apples Bread & Butter Milk Snack: Rice Cakes Jelly Milk	Breakfast: 10-7 Rice Krispies Orange Milk Lunch: Tater-Tots Hot Dish With Corn Bread & Butter Honey Dew Melon Milk Snack Animal Crackers Milk	Breakfast 10-8 Croissants Milk Banana Lunch Ham & Cheese Sandwich Apples Cucumber & Tomatoes Milk Snack Green & Red Peppers Hummus Milk	Breakfast 10-9 Oatmeal Milk Apple Lunch Pizzaburger Lettuce & Tomato Salad Applesauce Milk Snack Oranges & Round Crackers Water

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