


October Menus

1 Pancakes, Syrup, Cereal, Applesauce, Milk	2 Scrambled Eggs, Tortilla, Salsa, Peaches, Milk	3 Cereal, Graham Crackers, Peaches, Milk	4 Cinnamon Rice, Cereal, Peaches, Milk	5 French Toast, Syrup, Cereal, Pears, Milk
8 Cereal, Graham Crackers, Peaches, Smoothie, Milk	9 Blueberry Muffin, Applesauce, String Cheese, Milk	10 Pancakes, Syrup, Cereal, Applesauce, Milk	11 French Toast, Syrup, Cereal, Pears, Milk	12 Scrambled Eggs, Tortilla, Salsa, Peaches, Milk
15 Pancakes, Syrup, Cereal, Applesauce, Milk	16 Cereal, Graham Crackers, Peaches, Milk	17 French Toast, Syrup, Cereal, Pears, Milk	18 Blueberry Muffin, Raisins, String Cheese, Smoothies, Milk	19 Cinnamon Rice, Cereal, Peaches, Milk
22 Scrambled Eggs, Tortilla, Salsa, Peaches, Milk	23 French Toast, Syrup, Cereal, Pears, Milk	24 Blueberry Muffin, Raisins, String Cheese, Smoothies, Milk	25 Cereal, Wheat Bread w/Jam, Pears, Milk	26 Pancakes, Syrup, Cereal, Applesauce, Milk
29 Pancakes, Syrup, Cereal, Applesauce, Milk	30 Cinnamon Rice, Cereal, Peaches, Smoothie Milk	31 Scrambled Eggs, Tortilla, Salsa, Peaches, Milk 		



1 Salisbury Steak, Gravy, Bread & Margarine, Mixed Vegetables, Peaches, Milk	2 Tomato Soup, Toasted Cheese Sandwich, Carrot Sticks, Pears, Milk	3 Macaroni & Cheese, Carrots, Sugar Cookie, Blueberries, Milk	4 Chicken Patty, Lettuce/Tomato Catsup, Carrot Sticks, Pears, Milk	5 Corn Dog, Mustard, Potato Rounds, Catsup, Peaches, Peanut Butter Bar, Milk
8 Chicken Tartrazine, Bread, Broccoli, Pears, Milk	9 B-B-Q Pork Sandwich, Carrots, Peaches, Chocolate Chip Cookie, Milk	10 Meat Loaf, Roll, Green Beans, Jam, Applesauce, Milk	11 Bean and Beef Rotini, Bread, Carrots, Pears, Milk	12 Chicken Noodle Soup, Blueberry Muffins, Green Beans, Fruit Cocktail, Milk
15 Chicken Nuggets, BBQ Sauce, Jam, Bread, Carrot Sticks, Applesauce, Milk	16 Pork Pinwheels, Fried Rice, Brown Gravy, Peas, Fruit Cocktail, Milk	17 Volcanic Meatloaf, Bread, Green Beans, Jam, Peaches, Milk	18 Turkey Pot Pie, Winter Squash, Brownies, Pears, Milk	19 Chili, Carrot Sticks, Fruit Cocktail, Cinnamon Roll, Crackers, Milk
22 Baked Chicken, Bread and Butter, Mashed Potatoes, Peaches, Milk	23 Fiesta Wrap, Corn, Carrot/Celery Stick, Strawberries, Milk	24 Turkey Stir-Fry, Rice, Peaches, Carrot Sticks, Animal Crackers, Milk	25 Fish Sticks, French Dressing, Peas, Cornbread, Pineapple and Blueberries, Milk	26 Spaghetti, Italian Bread, Margarine, Corn, Pears, Milk
29 Burrito, Salsa, Corn, Oatmeal Muffin Square, Pears, Milk	Ground Beef Stroganoff, Green Bean and Broccoli salad, Catsup, Carrot Sticks, Peaches, Milk	31 Hamburger Pizza, Broccoli, Oatmeal Cookie, Pineapple, Milk 		<i>This institution is an equal opportunity provider</i>