

October 2017

	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Whole Grain Cereal & Fruit	Apple Cinnamon Muffin & Fruit	Cinnamon Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Fajita Style Chicken w/Black Beans w/Whole Grain Soft Tortillas	Chicken Parmesan w/Whole Grain Pasta w/Garden Salad, Tomatoes W/French Dressing	French Toast w/veg sausage w/Home Fries w/ Syrup	General Tso's Chicken w/Brown Rice w/Garden Salad & Tomatoes	Meatball Calzone W/Broccoli
Fruit	Fruit	Fruit	Fruit	Fruit
Yogurt, Fruit, Water	Gold Fish, Fruit, Milk/Water	Cereal, Fruit, Milk/Water	Sweet potato, Fruit, Milk/Water	Animal Cracker , Fruit, Milk/Water
9	10	11	12	13
Columbus Day No School	Blueberry Muffin & Fruit	Honey Oat Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
	Cheese Lasagna w/Garden Salad & Carrots w/French Dressing	BBQ Chicken Sandwich w/Whole wheat hamburger bun w/ Baked Beans	Breaded Tomato Chill Chicken w/Brown Rice w/Garden Salad & Tomatoes & Ranch Dressing	Three Bean Chilli w/Shredded Cheddar w/ Baked Tortilla Chips w/Broccoli
	Fruit	Fruit	Fruit	Fruit
	Animal Cracker , Fruit, Milk/Water	Yogurt, Fruit, Water	Cereal, Fruit, Milk/Water	Oatmeal, Fruit, Milk/Water
16	17	18	19	20
Whole Grain Cereal & Fruit	Banana Muffin & Fruit	Cinnamon Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Chicken & Broccoli Alfredo w/whole Grain Pasta w/Broccoli	Asian Rice Bowl w/Chicken & Stir Fry Veggies w/Brown Rice w/Garden Salad, Carrots & French	Macaroni & Cheese w/Green Peas	Breaded Chicken Sandwich w/Hamburger Bun w/Garden Salad & Tomatoes W/Ranch Dressing	Cheese Tortellini w/Marinara Sauce W/Broccoli
Fruit	Fruit	Fruit	Fruit	Fruit
Edamame, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Cereal, Fruit, Milk/Water	Yogurt, Fruit, Water	Animal Cracker , Fruit, Milk/Water
23	24	25	26	27
Whole Grain Cereal & Fruit	Apple Cinnamon Muffin & Fruit	Cinnamon Bagel w/Cream Cheese & Fruit	Whole Grain Croissant w/jelly & fruit	Yogurt Parfait w/ Fresh Fruit & Granola
Beef Tacos w/Whole Grain Soft Tortillas w/Corn	Turkey Meatballs w/Marinara w/Whole Grain Pasta w/Gardem Salad, Carrots & French Dressing	Chicken Nachos w/Cheddar Cheese w/Baked Tortilla Chips w/Salsa & California Blend Vegetables	Whole Grain Chicken Nuggets w/BBQ Dipping Sauce w/Garden Salad, Tomatoes & Ranch Dressing	Chicken & Cheese Calzone w/ Broccoli
Fruit	Fruit	Fruit	Fruit	Fruit
Pancake, Fruit, Milk/Water	Yogurt, Fruit, Water	Cereal, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Animal Cracker , Fruit, Milk/Water
30	31			
Whole Grain Cereal & Fruit	Blueberry Muffin & Fruit			
Fajita Style Chicken w/Black Beans w/Whole Grain Soft Tortillas	Chicken Pot Pie w/Wheat Roll w/Gardem Salad, Carrots & French Dressing			
Fruit	Fruit			
Gold Fish, Fruit, Milk/Water	Cereal, Fruit, Milk/Water			
				Notes: <div style="background-color: yellow; width: 100px; height: 15px; margin-bottom: 2px;"></div> <div style="background-color: #008080; width: 100px; height: 15px; margin-bottom: 2px;"></div> <div style="background-color: #996699; width: 100px; height: 15px;"></div>