



October

2017

<u>Date</u>	<u>Meal</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week of 10/02	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Oatmeal, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken nuggets, corn, pears	Lasagna, mixed vegetables, fruit cocktail	Chicken alfredo, corn, peaches	Hamburger casserole, green beans, tropical fruit	Western omelet, peas, apple sauce
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Vanilla wafers, string cheese	Ritz crackers, turkey	Cheeze its, raisins
Week of 10/09	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	English muffins, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Grilled cheese, tomato soup, corn, tropical fruit	Baked ziti, green beans, fruit cocktail	Teriyaki chicken, mixed vegetables, pineapple	Chicken salad sandwiches, peas, peaches	Sloppy joes, corn, apple sauce
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, cheese	Ritz crackers, turkey	Gold fish, raisins
Week of 10/16	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Waffles, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Chicken enchilada soup, corn, pears	Swedish meatballs, peas, fruit cocktail	Chicken and broccoli casserole, green beans, pineapple	Chicken fettuccini, mixed vegetables, peaches	Shepherd's pie, corn, apple sauce
	Snack	Pretzels, cucumbers	Graham crackers, gogurt	Vanilla Wafers, Cheese	Ritz crackers, turkey	Cheeze its, raisins
Week of 10/23	Breakfast	Yogurt, granola, fresh fruit	Bagels, w/cream cheese, fresh fruit	Pancakes, fresh fruit	Scrambled eggs, fresh fruit	Cheerios, fresh fruit
	Lunch	Macaroni and cheese, green beans, peaches	Tater tot casserole, peas, fruit cocktail	BBQ chicken with rice casserole, mixed vegetables, pineapple	Chicken spaghetti, green beans, tropical fruit	Goulash, corn, applesauce
	Snack	Pretzels, carrots	Graham crackers, gogurt	Saltine crackers, cheese	Ritz crackers, turkey	Gold fish, raisins