



**Morning Snack**  
**Lunch**  
**Afternoon Snack**  
**Vegetarian Option**



**School Menu**  
**October 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal, Milk Corndog Nuggets, Green Beans, Mixed Fruit, Milk Apple Slices, Cheese Cubes, Water Veg: Corn Nuggets	3 Pancakes, Apple Sauce, Water Cheesy Chicken, Rice & Broccoli, Oranges, Milk Nilla Wafers, Milk Veg: Soy Chicken	4 Cinnamon Muffins, Milk Mexicali Casserole, Corn, Apple Slices, Milk Celery, Soy Butter, Raisins, Water Veg: Soy Chicken	5 Bagels, Cream Cheese, Milk Baked Ziti Casserole, Peas, Pears, Milk Graham Crackers, Sliced Oranges, Water Veg: Veggie Pie	6 Cooked Apples, Milk Grilled Chicken, Yams, Spinach, Roll, Milk Wheat Thins, Cheese Cubes, Water Veg: Soy Chicken
9 Toast, Cinnamon Pears, Water Beans & Cheese Quesadilla, Corn, Tropical Fruit, Milk Pretzels, Cheese Cubes, Water	10 Biscuits, Apple Sauce, Water Tuna Noodle Casserole, Peas, Peaches, Milk Yogurt, Mangos, Granola, Water	11 Corn Flakes, Milk Meatloaf, Mashed Potatoes, Green Beans, Oranges, Milk Apple Slices, Cheese Cubes, Water Veg: Veggie Burgers	12 Bagels, Cream Cheese, Milk Tomato Soup, Grilled Cheese Sandwich, Pineapple, Milk Hummus, Pita Bread, Oranges Slices, Water	13 Scrambled Eggs, Milk Beans & Franks, Corn Muffin, Apple Sauce, Milk Cheez-Its, String Cheese, Water Veg: Veggie Franks
17 Cooked Apples, Milk Grilled Chicken, Yams, Mixed Fruit Roll, Milk Wheat Thins, Cheese Cubes, Water Veg: Soy Chicken	17 Cheerios, Milk Chicken Fajitas, Rice, Pineapple, Milk Pretzel, Sliced Oranges, Water Veg: Soy Chicken	18 Toast, Pears, Milk Baked Spaghetti, Broccoli, Peaches, Milk Bananas, Nilla Wafers, Water Veg: Veggie Spaghetti	19 Biscuit & Fruit Spread, Milk Hamburgers, Sweet Potato Fries, Tropical Fruit, Milk Cheese and Crackers, Water Veg: Soy Chicken	20 Cheese Grits, Milk BBQ Chicken on Bun, Baked Beans, Grapes, Milk Fig Bars, Milk Veg: Soy BBQ Chicken
23 Oatmeal, Milk Corndog Nuggets, Green Beans, Mixed Fruit, Milk Apple Slices, Cheese Cubes, Water Veg: Corn Nuggets	24 Pancakes, Apple Sauce, Water Teriyaki Chicken and Rice, Broccoli, Oranges, Milk Nilla Wafers, Milk Veg: Soy Chicken	25 Blueberry Muffins, Milk Mexicali Casserole, Corn, Apple Slices, Milk Celery, Soy Butter, Raisins, Water Veg: Soy Chicken	26 Bagels, Cream Cheese, Milk Baked Ziti Casserole, Peas, Pears, Milk Graham Crackers, Sliced Oranges, Water Veg: Veggie Pie	27 Corn Flakes, Milk Meatloaf, Mashed Potatoes, Green Beans, Oranges, Milk Apple Slices, Cheese Cubes, Water Veg: Veggie Burgers
30 Scrambled Eggs, Milk Hot Turkey & Cheese Sandwich, Fresh Veggies, Pineapple, Milk Hummus, Pita Bread, Oranges Slices, Water Veg: Soy Turkey	31 Biscuits, Apple Sauce, Water Chicken Noodle Casserole, Peas, Peaches, Milk Yogurt, Mangos, Granola, Water Veg: Soy Chicken			

**Milk is hormone free. Juices are 100% juice. Appropriate substitutions are offered in Nursery School to avoid potential choking hazards for our youngest students.**

**Late PM Snacks (served with milk):**

Monday	Tuesday	Wednesday	Thursday	Friday
Saltines, String Cheese	Goldfish, Applesauce	Ritz Crackers, Cheese Cubes	Animal Crackers, Mixed Fruit	Graham Crackers, Soy Butter