



October '11 Breakfast Menu



Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Cereal Bar Milk	English Muffin with Cream Cheese Juice	Fruit Muffin Milk	Cheerios Banana Milk	Corn Flakes with Raisins Banana Milk

- This menu is subject to change due to unforeseen circumstances.



October '11 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 AM Wheat Bread with Apple Butter PM Multi-Grain Crackers and Cheese Slices	4 AM Wheat Pita and Tzatziki PM Yogurt with Fresh Fruit	5 AM Bagel with Cream Cheese and Juice PM Vanilla Pudding w/Wafers & Juice	6 AM Multi-Grain Crackers and Cheese Slices PM Wheat Bread with Apple Butter	7 AM Yogurt with Fresh Fruit PM Chips and Salsa
10 --- No School ---	11 AM Life Cereal and Milk PM Carrots and Ranch Dressing	12 AM Cereal bars and Juice PM Multi-Grain Crackers and Cheese Slices	13 AM Bagel with Cream Cheese PM Graham Crackers and Juice	14 AM Multi-Grain Crackers and Cheese Slices PM Wheat Bread with Apple Butter
17 AM Wheat Pita and Tzatziki PM Vanilla Pudding with Wafers & Juice	18 AM Multi-Grain Crackers and Cheese Slices PM Chips and Salsa	19 AM Wheat Bread with Apple Butter PM Wheat Pita and Tzatziki	20 AM Yogurt with Fresh Fruit PM Multi-Grain Crackers and Cheese Slices	21 AM Friendship Mix and Juice PM Carrots and Ranch Dressing
24 AM Multi-Grain Crackers and Cheese Slices PM Bagel with Cream Cheese	25 AM Wheat Pita and Tzatziki PM Yogurt with Fresh Fruit	26 AM Graham Crackers and Juice PM Wheat Bread with Apple Butter	27 AM Bagel with Cream Cheese PM Multi-Grain Crackers and Cheese Slices	28 AM Cereal bars and Juice PM Vanilla Wafers & Juice
31 AM Wheat Pita and Tzatziki PM Multi-Grain Crackers and Cheese Slices				

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October '11 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti Broccoli Peaches Milk	4 Chicken Veggie Rice Casserole Banana Milk	5 Meatloaf Mashed Potatoes Peas & Carrots Milk	6 Taco with Lettuce & Cheese Spanish Rice Oranges Milk	7 Spaghetti with Turkey Meatballs Salad Pears Milk
10 --- No School ---	11 Baked Chicken Strips Broccoli Oranges Milk	12 Macaroni & Cheese Peas Sliced Apples Milk	13 Turkey Meatballs & Rice Green Beans Peaches Milk	14 Cheeseburger Carrots Applesauce Milk
17 Teriyaki Chicken Brown Rice Peas Pineapple Milk	18 Baked Ziti Broccoli Apple Slices Milk	19 Scrambled Eggs Turkey Sausage Mixed Fruit Wheat Bread Milk	20 Taco with Lettuce & Cheese Spanish Rice Oranges Milk	21 Grilled Chicken Sandwich Green Beans Pears Milk
24 Turkey Meatballs & Rice Green Beans Pears Milk	25 Macaroni & Cheese Peas Peaches Milk	26 Baked Chicken Strips Celery Applesauce Milk	27 Turkey Sandwich Carrots Sliced Apples Milk	28 Taco with Lettuce & Cheese Spanish Rice Oranges Milk
31 Baked Chicken Patties Green Beans Applesauce Milk				

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