

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheerios & Milk Beef Burgers, French Fries, Applesauce & Milk Trail Mix & Juice	2
3	4 Rice Crispy Cereal & Milk Vegetable Lasagna, Steamed Broccoli, Pineapple & Milk Goldfish & Juice	5 Toast w/ Butter & Juice Salisbury Steak w/ gravy, Mashed Potatoes, Mandarin Oranges & Milk Fig Bars & Juice	6 Bagel w/ Jelly & Juice Macaroni & Cheese, Peas, Pears & Milk Sliced Apples, Crackers & H2O	7 Cinnamon Toast & Juice Chicken Sandwich, Carrots, Sliced Apples & Milk Cheese Nips & Juice	8 Corn Puff Cereal & Milk Fish Sticks, Roll, Corn, Peaches & Milk Oatmeal Cookies & Juice	9
10	11 Cornflakes & Milk Chicken Nuggets, Peas & Carrots, Pineapples & Milk Animal Crackers & Juice	12 Waffles w/ syrup & Juice Beef Ravioli, Garden Salad, Peaches & Milk Club Crackers, Cheese & H2O	13 English Muffins & Juice Chicken Pasta, Broccoli, Pears & Milk Goldfish & Juice	14 Blueberry Muffins & Juice Turkey 'n Gravy, Mashed Potatoes, Green Beans, Roll & Milk Crackers & Juice	15 Cheerios & Milk Grilled Cheese Sandwiches, Mixed Vegetables, Mixed Fruit & Milk Cheese Its & Juice	16
17	18 Rice Crispy Cereal & Milk Soft Tacos, Applesauce, Corn & Milk Bananas, Crackers & H2O	19 Pancakes w/ syrup & Juice Beef & Rice, Stir Fry Vegetables, Peaches & Milk Graham Crackers & Juice	20 Bagels w/ Cream Cheese & Juice Turkey Sandwiches, Peas & Carrots, Mixed Fruit & Milk Trail Mix & Juice	21 Butter Grits & Juice Baked Ziti, Mixed Vegetables, Sliced Apples & Milk Ritz Crackers, Cheese & H2O	22 Corn Puff Cereal & Milk Cheese Pizza, Green Beans, Pineapples & Milk Sliced Apples, Crackers & H2O	23
24	25 Cornflakes & Milk Chicken w/ yellow rice, Baked Beans, Peaches & Milk Sliced Oranges, Crackers & H2O	26 Cinnamon Roll & Juice Turkey Spaghetti, Garden Salad, Pears & Milk Animal Crackers & Juice	27 Biscuit w/ jelly & Juice Chicken Sandwich, Carrots, Sliced Apples & Milk Goldfish & Juice	28 Toast w/ jelly & Juice Meatballs w/ sauce, Peas, Pineapples & Milk Bananas, Crackers & H2O	29 Cheerios & Milk Beef Burgers, French Fries, Applesauce & Milk Crackers, Cheese & H2O	30
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