



October Menu



Sun

Mon

Tue

Wed

Thu

Fri

Sat

		1 Chicken Nuggets, yogurt, strawberries, roll, & cookie	2 Pizza, corn, ap- plesauce, & Cookie	3 Ham, pasta (*WG), grapes, peas, carrots & cookie	4 Turkey sandwich (*WG), oranges, chips & ice cream	5
6	7 Spaghetti (*WG), green beans, pineap- ple, & cookie	8 Chicken nuggets, French fries, carrots, & apples & cookie	9 Pizza, corn, ap- plesauce, & Cookie	10 Fish sticks, pasta, mango jello , *veggie salad & cookie	11 Ham sandwich (*WG), oranges, chips and ice cream	12
13	14 Hamburger patties, smile potatoes, green beans, pineapple, &	15 Chicken Nuggets, yogurt, strawberries, roll, & cookie	16 Pizza, corn, ap- plesauce, & Cookie	17 Ham, pasta (*WG), grapes, peas, car- rots & cookie	18 chicken sandwich (*WG), oranges, chips & ice cream	19
20	21 Mac & cheese (*WG), green beans, pineapple, & cookie	22 Chicken nuggets, mashed potatoes, carrots, & apples & cookie	23 Pizza, corn, ap- plesauce, & Cookie	24 Turkey, pasta (*WG), pears, *veggie salad, & cookie	25 Turkey sandwich (*WG), oranges, chips & ice cream	26
27	28 Hamburger patties, french fries, green beans, pineapple, & cookie	29 Chicken Nuggets, yogurt, strawberries, roll, & cookie	30 Pizza, corn, ap- plesauce, & Cookie	31 Ham, pasta (*WG), *veggie salad, grapes, & cookie		*WG=Whole Grain *Veggie Salad=beans, carrots, lettuce, peas & cucumber