



October 2011

Snack/Lunch Menu

All meals are served with milk and/or water, juice
We are a peanut free school



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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2	3 AM: Bagels w/jelly LUNCH: Beefaroni in red meat sauce, mixed vegetables, applesauce PM: Ritz Crackers & cheese	4 AM: French toast sticks LUNCH: Chicken w/rice soup, green peas, diced peaches PM: Strawberry lowfat yogurt	5 AM: Waffles w/syrup LUNCH: Slopy joe sandwich, green beans, pears PM: Cut-up peaches	6 AM: Buttered pancakes w/o grape jelly LUNCH: Dinosaur chicken nuggets, sweet corn, pineapple tidbits PM: Goldfish	7 AM: Cheerios w/o milk LUNCH: Turkey bologna and cheese sandwich, cut-up broccoli, applesauce PM: Vanilla pudding	8																																																																																				
9	10 SCHOOL CLOSED	11 AM: Bisquits w/grape jelly LUNCH: Creamy macaroni and cheese, corn, peaches PM: Club crackers	12 AM: Cinnamon raisin toast LUNCH: Italian meatballs, green beans, pears PM: Strawberry lowfat yogurt	13 AM: Circled waffles w/syrup LUNCH: Fish cake, mixed vegetables, pineapple tidbits PM: Applesauce	14 AM: French toast sticks LUNCH: Turkey and cheese wrap, broccoli, applesauce PM: Chocolate pudding	15																																																																																				
16	17 AM: French toast sticks LUNCH: Chicken pattie sandwich w/ketchup, mixed vegetables, applesauce PM: Goldfish	18 AM: Bagels w/choice of butter or jelly LUNCH: Tacos, sweet corn, diced pears PM: Strawberry lowfat yogurt	19 AM: Cinnamon raisin toast LUNCH: Spaghetti w/meat sauce, green peas, cut-up peaches PM: Ritz crackers & cheese	20 AM: Bisquits w/jelly LUNCH: Italian beef ravioli in sauce, green beans, pineapple tidbits PM: Diced pears	21 AM: Cheerios w/o milk LUNCH: Turkey bologna and cheese sandwich, cut-up broccoli, applesauce PM: Vanilla pudding	22 Halloween Bash 																																																																																				
23	24 AM: Buttered pancakes LUNCH: Dinosaur chicken nuggets, green peas, applesauce PM: Graham crackers	25 AM: Bagels w/grape jelly LUNCH: Macaroni and cheese, corn, diced peaches PM: Chocolate pudding	26 AM: French toast sticks LUNCH: Chicken salad sandwich, green beans, diced pears PM: Vanilla wafer cookies	27 AM: Waffles w/o butter or syrup LUNCH: Gravy meatballs w/rice, cut-up vegetables, pineapple tidbits PM: Diced peaches	28 AM: Cheerios w/o milk LUNCH: Turkey and cheese wrap, broccoli, applesauce PM: Strawberry lowfat yogurt	29																																																																																				
30	31 AM: Bagels w/jelly LUNCH: Beefaroni in red meat sauce, mixed vegetables, applesauce PM: Ritz Crackers & cheese																																																																																									