

October

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10/01

10/02

BREAKFAST:

Fruit & Juice
Sliced Bread
Scrambled Egg and
Milk

LUNCH:

Spaghetti Pomodoro
& Meatballs
Garlic Bread
Peas and Carrots
Juice and Milk

BREAKFAST:

Fruit
Pancake w/ syrup
Milk

LUNCH:

Pizza
Mixed Green Salad w/
Dressing
Fruit and Milk



10/05

10/06

10/07

10/08

10/09

BREAKFAST:

Fruit & Juice
Cereal
Milk

LUNCH:

Chicken Nuggets w/
ketchup
Mashed Potatoes
Garbanzo Soup
Bread Roll
Fruit and Milk

BREAKFAST:

Fruit & Juice
Morning Muffin
Milk

LUNCH:

Chicken Bowtie in a
Pink Sauce
Mixed Green Salad w/
Dressing
Bread Roll
Juice
Milk

BREAKFAST:

Fruit & Juice
Fritata
Sliced Bread & Milk

LUNCH:

Cilantro Lime Chicken
Veggie Rice
Black Beans
Fruit & Milk

BREAKFAST:

Fruit
Croissant w/butter
Milk

LUNCH:

Beef Strips
Soft Taco
Shredded Lettuce
Diced Tomatoes
Guacamole
Juice and Milk

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

LUNCH:

Pizza
Steamed Carrots
Fruit and Milk

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/12	10/13	10/14	10/15	10/16
BREAKFAST: Fruit & Juice Cereal Milk LUNCH: Chicken Tenders Brown Rice Lentil Soup Fruit Milk	BREAKFAST: Fruit & Juice Bagel w/ cream cheese and Milk LUNCH: Arroz Con Pollo Criollo w/ Corn Plantains Bread Roll Fruit Milk	BREAKFAST: Fruit & Juice Morning Muffin Milk LUNCH: Chicken Alfredo Rigatoni Garlic Bread Mixed Green Salad w/ Dressing Fruit and Milk	BREAKFAST: Fruit & Juice Pancake w/ syrup Milk LUNCH: Our Famous Meatballs Marinara Sub Bun Broccoli Juice and Milk	BREAKFAST: Fruit Scrambled Egg Sliced Bread Milk LUNCH: Pizza Steam Carrots Fruit and Milk
10/19	10/20	10/21	10/22	10/23
BREAKFAST: Fruit & Juice Cereal And Milk LUNCH: Chicken Sandwich w/ Sliced Bun Steam Carrots Juice and Milk	BREAKFAST: Fruit & Juice Cinnamon Bread w/ Butter Milk LUNCH: Pulled Chicken Crunchy Taco Sour Cream Taco Black Beans Shredded Lettuce Fruit and Milk	BREAKFAST: Fruit & Juice Pancake w/ syrup Milk LUNCH: Penne Pasta in White Sauce w/ Turkey Broccoli Garlic Bread Fruit Milk	BREAKFAST: Fruit & Juice Cheese Slice Sliced Bread w/ butter Milk LUNCH: Corn Dog Roasted Potato Fries Salad w/dressing Juice and Milk	BREAKFAST: Fruit Bread w/ Butter Egg Patty Milk LUNCH: Pizza Corn Fruit and Milk

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/26	10/27	10/28	10/29	10/30
BREAKFAST: Fruit & Juice Cereal Milk LUNCH: Cheeseburger w/ ketchup Hamburger Bun Sliced Carrots Juice and Milk	BREAKFAST: Fruit & Juice Morning Muffin Milk LUNCH: Chef Choice Pasta Chicken Tenders Roll Steamed Broccoli Fruit and Milk	BREAKFAST: Fruit & Juice Croissant w/ butter Milk LUNCH: Picadillo Moro Rice Plantains Fruit and Milk	BREAKFAST: Fruit & Juice Sliced Bread Scrambled Egg and Milk LUNCH: Meatballs in Marinara Sauce Brown Rice Garlic Bread Peas and Carrots Juice and Milk	BREAKFAST: Fruit Pancake w/ syrup Milk LUNCH: Pizza Mixed Green Salad w/ Dressing Fruit and Milk