

October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted cereal, flavored yogurt, jams, cheese, applesauce, and milk/water	Dutch Rusk, assorted cereal, flavored yogurt, jams, cheese, oranges, and milk/water	Dutch Rusk, assorted cereal, flavored yogurt, cheese, jams, banana muffin and milk/water	Dutch Rusk, assorted cereal, flavored yogurt, jam, cheese, pear slices and milk/water	Dutch Rusk, assorted cereal, flavored yogurt, Melba toast &, jams, cheese, rice cakes and milk/water
Mid-morning snack	Oranges and banana muffins and water	Scrambled eggs, bread sticks and water	Assorted Yogurt, Bran Buds and ½ banana and water	Oatmeal with apples, milk and water	Graham wafers applesauce, and water
Lunch	Sweet potato soup, turkey salad sandwich, fruit and milk	Spaghetti squash, with meat sauce, broccoli, whole wheat bread Fruit and milk	Carrot soup, tortilla cheese wedges veggies and dip, Fruit and Milk	Harvest vegetables, chicken with rice casserole, whole wheat buns, Fruit and milk	Herbed crusted fish, brown baked beans, corn, Fruit and milk
Mid-afternoon snack	Cucumber slices, homemade oatmeal cookies and water	Banana muffin, applesauce and water	Ritz crackers pear slices and water	Cheese cubes, rice cakes and water	Cherry tomatoes, cucumber slices melba toast and water

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Supper	Herbed crusted fish, brown bean's corn, Fruit and milk	Sweet potato soup, turkey salad sandwich, fruit and milk	Spaghetti squash with meat sauce, broccoli, whole wheat bread, Fruit and milk	Carrot soup, tortilla cheese wedge's, green and orange veggie plate, Fruit and Milk	Harvest vegetables, chicken with rice, whole wheat rolls, Fruit and milk
Late night snack	Cherry tomato's cucumber slice's melba toast and water	Homemade oatmeal cookies cucumber slices and water	Banana muffins, applesauce and water	Ritz crackers pear slices and water	Cheese cubes, rice cakes and water