


October 2021 Menu

				<p>1) B: breakfast bars, CF, milk</p> <p>L: chicken fried steak sandwich, CV, SFF, milk</p> <p>S: gogurt, grahm crackers</p>
<p>4) B: cereal, SFF, milk</p> <p>L: chicken fajitas, charros beans, CF, milk</p> <p>S: SFF, milk</p>	<p>5) B: pancakes, CF, milk</p> <p>L: cheeseburgers, tator tots, CF, milk</p> <p>S: cheese sandwich</p>	<p>6) B: toast, CF, yogurt, milk</p> <p>L: grilled cheese, tomato soup, SFF, milk</p> <p>S: fruit jello, milk</p>	<p>7) B: oatmeal, SFF, milk</p> <p>L: spaghetti with meat sauce, FV, CF, milk</p> <p>S: goldfish, milk</p>	<p>8) B: waffles, CF, milk</p> <p>L: beanie weenies, CV, CF, roll, milk</p> <p>S: pretzels, milk</p>
<p>11) B: fruit bars, CF, milk</p> <p>L: fish sticks, french fries, SFF, milk</p> <p>S: cheez-its, milk</p>	<p>12) B: french toast, SFF, milk</p> <p>L: ham/turkey sandwich, FV, CF, milk</p> <p>S: cottage cheese, crackers</p>	<p>13) B: toast, sausage, CF, milk</p> <p>L: BBQ burgers on bun, baked beans, CF, milk</p> <p>S: pudding, vanilla wafers</p>	<p>14) B: ham and egg scramble, CF, milk</p> <p>L: beef hard tacos, salad, SFF, milk</p> <p>S: chips & salsa, milk</p>	<p>15) B: toast, SFF, milk</p> <p>L: chicken fried steak sandwich, cheesy potatoes, CV, SFF, milk</p> <p>S: gogurt, grahm crackers</p>
<p>18) B: cereal, CF, milk</p> <p>L: tuna noodle casserole, salad, CF, milk</p> <p>S: cake, milk</p>	<p>19) B: toast, CF, milk</p> <p>L: black bean quesadilla, mexican corn, CF, milk</p> <p>S: pizza cheese bread</p>	<p>20) B: breakfast sandwich, CF, milk</p> <p>L: hot ham & cheese, CV, SFF, milk</p> <p>S: animal crackers, milk</p>	<p>21) B: waffles, SFF, milk</p> <p>L: ravioli lasagna, salad CF, milk</p> <p>S: SFF, milk</p>	<p>22) B: toast, SFF, yogurt, milk</p> <p>L: chicken mac & cheese, FV, CF, milk</p> <p>S: string cheese, club crackers</p>
<p>25) B: breakfast bars, CF, milk</p> <p>L: salisbury steak, mashed potato, SFF, rolls, milk</p> <p>S: orange julius, crackers</p>	<p>26) B: toast, eggs, CF, milk</p> <p>L: canadian bacon pizza, salad, CF, milk</p> <p>S: FV w/ ranch, crackers</p>	<p>27) B: sausage biscuit, CF, milk</p> <p>L: beef & bean soft tacos, charro beans, CF, milk</p> <p>S: trail mix, milk</p>	<p>28) B: coffee cake, CF, milk</p> <p>L: fish sticks, baked beans, SFF, milk</p> <p>S: pretzel chips, cheese slices</p>	<p>29) B: toast, SFF, milk</p> <p>L: chicken nuggets, tator tots, SFF, milk</p> <p>S: yogurt, vanilla wafers</p>
<p>SFF= Seasonal Fresh Fruit (apples, bananas, melon, orange slices)</p>	<p>CF= canned fruit (peaches, pears, tropical fruit, mixed fruit, pineapple, mandarin oranges, applesauce)</p>	<p>CV= canned vegetable (peas, green beans, corn, carrots, mixed veggie)</p>	<p>FV= fresh veggie (carrot sticks, broccoli, cucumber slices, celery sticks)</p>	