



# October

<h2 style="color: #A52A2A;">Monday</h2>	<h2 style="color: #FFD700;">Tuesday</h2>	<h2 style="color: #32CD32;">Wednesday</h2>	<h2 style="color: #4169E1;">Thursday</h2>	<h2 style="color: #8A2BE2;">Friday</h2>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Breakfast</b> Waffles, Cuties &amp; Milk</p> <p><b>Lunch</b> Tuna Salad, Corn, Ritz Crackers, Honey Dew &amp; Milk</p> <p><b>Snack</b> Goldfish crackers &amp; Bananas</p>	<p><b>Breakfast</b> Seasonal Muffins, Watermelon &amp; Milk</p> <p><b>Lunch</b> WG Chicken Nuggets, Broccoli, Apples &amp; Milk</p> <p><b>Snack</b> Ritz crackers &amp; Orange</p>	<p><b>Breakfast</b> WG Bagel, Honey Dew &amp; Milk</p> <p><b>Lunch</b> Beans with Brown Rice, Peas, Pears &amp; Milk</p> <p><b>Snack</b> Rice Krispie &amp; Cantaloupe</p>	<p><b>Breakfast</b> WG Pancakes, Cuties &amp; Milk</p> <p><b>Lunch</b> Mac &amp; Cheese, Broccoli, Apples, &amp; Milk</p> <p><b>Snack</b> Cheeze-It &amp; Watermelon</p>	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>Breakfast</b> WG Cereal, Strawberries &amp; Milk</p> <p><b>Lunch</b> WG Spaghetti with Ground Turkey, Green Beans, Grapes &amp; Milk</p> <p><b>Snack</b> Gogo Squeeze Yogurt &amp; Oranges</p>	<p><b>Breakfast</b> Oatmeal, Pears &amp; Milk</p> <p><b>Lunch</b> Cheese Quesadilla, Cauliflower, Apples &amp; Milk</p> <p><b>Snack</b> String Cheese &amp; Watermelon</p>	<p><b>Breakfast</b> Seasonal Muffins, Pineapple &amp; Milk</p> <p><b>Lunch</b> Turkey Stew with WG Rice, Mixed Vegetables, Orange &amp; Milk</p> <p><b>Snack</b> Graham Crackers &amp; Grapes</p>	<p><b>Breakfast</b> Butter Croissant, Orange &amp; Milk</p> <p><b>Lunch</b> Lentils with Brown Rice, Tomato, Cantaloupe &amp; Milk</p> <p><b>Snack</b> Saltine Crackers &amp; Apple Sauce</p>	<p><b>Breakfast</b> WG Toast with Jelly, Banana &amp; Milk</p> <p><b>Lunch</b> Hardboiled Egg with Bowtie Soup, Small Potato, mix veggies &amp; Milk</p> <p><b>Snack</b> Granola Bars &amp; Honey Dew</p>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>Breakfast</b> WG Cereal, Banana &amp; Milk</p> <p><b>Lunch</b> WG Turkey Ham Sandwich, orange, cucumber &amp; Milk</p> <p><b>Snack</b> Animal Crackers &amp; Golden Melon</p>	<p><b>Breakfast</b> Waffles, Cuties &amp; Milk</p> <p><b>Lunch</b> Tuna Salad, Corn, Ritz Crackers, Honey Dew &amp; Milk</p> <p><b>Snack</b> Goldfish crackers &amp; Bananas</p>	<p><b>Breakfast</b> Seasonal Muffins, Watermelon &amp; Milk</p> <p><b>Lunch</b> WG Chicken Nuggets, Broccoli, Apples &amp; Milk</p> <p><b>Snack</b> Ritz crackers &amp; Orange</p>	<p><b>Breakfast</b> WG Bagel, Honey Dew &amp; Milk</p> <p><b>Lunch</b> Beans with Brown Rice, Peas, Pears &amp; Milk</p> <p><b>Snack</b> Rice Krispie &amp; Cantaloupe</p>	<p><b>Breakfast</b> WG Pancakes, Cuties &amp; Milk</p> <p><b>Lunch</b> Mac &amp; Cheese, Broccoli, Apples, &amp; Milk</p> <p><b>Snack</b> Cheeze-It &amp; Watermelon</p>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>Breakfast</b> WG Cereal, Strawberries &amp; Milk</p> <p><b>Lunch</b> WG Spaghetti with Ground Turkey, Green Beans, Grapes &amp; Milk</p> <p><b>Snack</b> Gogo Squeeze Yogurt &amp; Oranges</p>	<p><b>Breakfast</b> Oatmeal, Pears &amp; Milk</p> <p><b>Lunch</b> Cheese Quesadilla, Cauliflower, Apples &amp; Milk</p> <p><b>Snack</b> String Cheese &amp; Watermelon</p>	<p><b>Breakfast</b> Seasonal Muffins, Pineapple &amp; Milk</p> <p><b>Lunch</b> Turkey Stew with WG Rice, Mixed Vegetables, Orange &amp; Milk</p> <p><b>Snack</b> Graham Crackers &amp; Grapes</p>	<p><b>Breakfast</b> Butter Croissant, Orange &amp; Milk</p> <p><b>Lunch</b> Lentils with Brown Rice, Tomato, Cantaloupe &amp; Milk</p> <p><b>Snack</b> Saltine Crackers &amp; Apple Sauce</p>	<p><b>Breakfast</b> WG Toast with Jelly, Banana &amp; Milk</p> <p><b>Lunch</b> Hardboiled Egg with Bowtie Soup, Small Potato, mix veggies &amp; Milk</p> <p><b>Snack</b> Granola Bars &amp; Honey Dew</p>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<p><b>Breakfast</b> WG Cereal, Banana &amp; Milk</p> <p><b>Lunch</b> WG Turkey Ham Sandwich, orange, cucumber &amp; Milk</p> <p><b>Snack</b> Animal Crackers &amp; Golden Melon</p>	<p><b>Breakfast</b> Waffles, Cuties &amp; Milk</p> <p><b>Lunch</b> Tuna Salad, Corn, Ritz Crackers, Honey Dew &amp; Milk</p> <p><b>Snack</b> Goldfish crackers &amp; Bananas</p>	<p><b>Breakfast</b> Seasonal Muffins, Watermelon &amp; Milk</p> <p><b>Lunch</b> WG Chicken Nuggets, Broccoli, Apples &amp; Milk</p> <p><b>Snack</b> Ritz crackers &amp; Orange</p>	<p><b>Breakfast</b> WG Bagel, Honey Dew &amp; Milk</p> <p><b>Lunch</b> Beans with Brown Rice, Peas, Pears &amp; Milk</p> <p><b>Snack</b> Rice Krispie &amp; Cantaloupe</p>	

**Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack**

**Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula**

**Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk**

**This institution is an equal opportunity provider by: USDA**