



OCTOBER



September 30, 2019		MENU IS SUBJECT TO CHANGE			October 4, 2019
9/30/2019		10/1/2019	10/2/2019	10/3/2019	10/4/2019
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Kix	Pumpkin Muffins	Yogurt	Chex	French Toast
	Mixed Fruit	Pears	Peaches	Apples	Bananas
	Milk	Milk	Milk	Milk	Milk
LUNCH	Macaroni and Cheese	Rainbow Rice	Chicken Soup	Bowtie Pasta with Ground Turkey	Chicken Vegetable Stir Fry
	Green Salad	Mixed vegetables	Green Salad with Cranberries	Green Beans	Brown Rice
	Honeydew Melon	Oranges	Mixed Fruit	Pears	Oranges
	Milk	Milk	Biscuits	Milk	Milk
			Milk		
SNACK	Graham Crackers	Gold Fish	Kale Chips	Pumpkin Muffins	Cucumbers
	Milk	Apple Juice	Sliced Oranges	Milk	Pita Bread and Hummus
			Water		Water

*Whole Milk served to Children 18-23 months. 1% Milk served to Children 24 months and up. All milk and milk substitutes are unflavored.