

October

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast: Waffles, Blueberries Lunch: Turkey and Cheese Sandwich, Broccoli, Mandarin Oranges Snack: Cheese Sticks, Apple Slices	2 Breakfast: French Toast Sticks, Bananas Lunch: Chicken Burger Slider, Potato Wedges, Pineapple Snack: Cheez-Its, Yogurt
5 Breakfast: Grits, Strawberries Lunch: Popcorn Chicken, Rice, Applesauce Snack: Baked Lays, Orange Slices	6 Breakfast: Pancakes, Bananas Lunch: Turkey and Cheese Sandwiches, Broccoli, Mandarin Oranges Snack: Cheese Sticks, Crackers	7 Breakfast: Bagels, Apricots Lunch: Chicken and Wild Rice, Black Eyed Peas, Diced Carrots Snack: Applesauce, Cheez-It's	8 Breakfast: Cereal, Honeydew Lunch: Mac n Cheese, Green Beans, Pears, Snack: Cheese Sticks, Bananas	9 Breakfast: Cereal, Orange Slices Lunch: Pizza, Diced Carrots, Peaches Snack: Yogurt, Animal Crackers
12 Breakfast: Turkey Sausage, Biscuits, Strawberries Lunch: Breaded Chicken Nuggets, Diced Carrots, Fruit Cocktail Snack: Chex Mix, Raisins	13 Breakfast: Bagels, Applesauce Lunch: Grilled Turkey and Cheese Sandwich, Black Eyed Peas, Peaches Snack: Strawberries, Graham Crackers	14 Breakfast: French Toast Sticks, Strawberries Lunch: Baked Chicken Fries, Sweet Peas, Pears Snack: Cut Grapes, Ritz Crackers	15 Breakfast: Scrambled Eggs, Peaches Lunch: Wholegrain Pasta with Spaghetti Sauce, Pineapple Snack: Raisins, Graham Crackers	16 Breakfast: Cereal, Bananas Lunch: Pizza, Potato Wedges, Pineapple Snack: Pretzels, Mango Chunks
19 Breakfast: Pancakes, Blueberries Lunch: Chicken Soft Taco, Wild Rice, Mandarin Oranges Snack: Yogurt, Strawberries	20 Breakfast: Cheesy Hash Browns, Turkey Sausage, Blueberries Lunch: Turkey and Cheese Roll up, Carrot Sticks, Peaches Snack: Graham Crackers, Raisins	21 Breakfast: Cereal, Orange Slices Lunch: Mini Corn Dogs, Green Beans, Apricots Snack: Apple Slices, Pretzels	22 Breakfast: Scrambled Eggs, Bananas Lunch: Wholegrain Pasta with Spaghetti Sauce, Broccoli, Fruit Cocktail Snack: Animal Crackers, Cheese Sticks	23 Breakfast: Turkey Sausage Pattie, French Toast Sticks Lunch: Popcorn Chicken Nuggets, Baked Fries, Pears Snack: Goldfish, Applesauce
26 Breakfast: Cinnamon Raisin Toast, Bananas Lunch: Wholegrain Penne Pasta with Spaghetti, Broccoli, Pineapple Snack: Baby Carrots with Ranch and Crackers	27 Breakfast: Grits, Turkey Bacon Lunch: Open Faced BBQ Sandwich, Black Eyed Peas, Pears Snack: Cheese Sticks, Animal Crackers	28 Breakfast: Pancakes, Strawberries Lunch: Crispidos, Corn, Fruit Cocktail Snack: Animal Crackers, Apple Slices	29 Breakfast: Hash Browns, Turkey Sausage, Peaches Lunch: Turkey and Cheese Wheat Slider, Green Beans, Mandarin Oranges Snack: Yogurt, Goldfish Crackers	30 Breakfast: Cereal, Orange Slices Lunch: Pizza, Diced Carrots, Pineapple Snack: Chex Mix, Applesauce

