**October 2021 Breakfast/Afternoon Snack Menu**

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | **1**  **Bagel w/Cream Cheese**  **Berries**  **Milk**  **Pretzels & Juice** |
| **4**  **Cold Cereal**  **Bananas**  **Milk**  **Animal Crackers & Milk** | **5**  **Blueberry Croissant Puff**  **Cheese Slices**  **Milk**  **Cucumbers with Dip & Crackers** | **6**  **Yogurt**  **Strawberries**  **Milk**  **Pepperoni & String Cheese** | **7**  **Berry Green Smoothie**  **Toast**  **Milk**  **Cowboy Caviar & Tortilla Chips** | **8**  **Sausage in a Blanket**  **Blueberries**  **Milk**  **Side Salad & Crackers** |
| **11**  **Cold Cereal**  **Bananas**  **Milk**  **Carrot Sticks & Pretzels** | **12**  **Egg, Sausage, Cheese Biscuit**  **Peaches**  **Milk**  **Mixed Dried Fruit & Milk** | **13**  **Oatmeal**  **Blueberries**  **Milk**  **Mini Muffin & Pineapple** | **14**  **Yogurt Parfaits**  **w/ Fruit Milk**  **Cereal & Milk** | **15**  **Waffles**  **Apricots**  **Milk**  **Cheese Slices & Grapes** |
| **18**  **Cold Cereal**  **Bananas**  **Milk**  **String Cheese & Apple Slices** | **19**  **Biscuit & Gravy**  **Grapes**  **Milk**  **Fruit Salad & Graham Cracker** | **20**  **Yogurt**  **Mixed Berries**  **Milk**  **Cottage Cheese & Peaches** | **21**  **Sausage**  **Cantaloupe**  **Milk**  **StraBanana Smoothie & Toast** | **22**  **English Muffins w/ Nut Butter**  **Pears**  **Milk**  **Cheerios & Juice** |
| **25**  **Cold Cereal**  **Bananas**  **Milk**  **Blueberry Crisp & Milk** | **26**  **Breakfast Ham**  **Peaches**  **Milk**  **Cucumbers w/dip & Turkey** | **27**  **Cream of Wheat**  **Strawberries**  **Milk**  **Hard Boiled Eggs & Crackers** | **28**  **Mini Muffins**  **Grapes**  **Milk**  **Granola Square & Milk** | **29**  **Pumpkin Pancakes**  **Raisins**  **Milk**  **Halloween Party!** |

**October Lunch Menu**

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  |  |  | **1**  **Chicken Salad Sandwich on WG Bun**  **Mixed Veggies**  **Fruit Cocktail**  **Milk** |
| **4**  **Ham, Cheese & Lettuce w/**  **WG Wrap**  **Peas**  **Applesauce**  **Milk** | **5**  **Beef Pigs n Blanket**  **Corn**  **Fruit Cocktail**  **Milk** | **6**  **Pasta Salad w/Veggies**  **Pears**  **Crackers**  **Milk** | **7**  **Meatballs**  **Yellow Squash**  **Rice Pilaf**  **Melon**  **Milk** | **8**  **Potato Soup w/ Ham**  **Carrots**  **Raspberries**  **Milk** |
| **11**  **Beef patty in Mushroom sauce**  **Mashed Potatoes**  **Apple Slices**  **Milk** | **12**  **Chicken Pot Pie Soup**  **W/ Mixed Veggies**  **Peaches**  **Biscuit**  **Milk** | **13**  **Beef Goulash WG**  **Mixed Veggies**  **Blackberries**  **Milk** | **14**  **WG Grilled Ham & Cheese**  **Zucchini**  **Pears**  **Milk** | **15**  **Loaded Chef Salad**  **w/Chicken**  **Kiwi**  **Crackers**  **Milk** |
| **18**  **Beef Sloppy Joes WG**  **Tater Tots**  **Broccoli**  **Blueberries**  **Milk** | **19**  **Spaghetti Squash w/ Sauce**  **Mangos**  **WG Butter Bread**  **Milk** | **20**  **Beef Little Smokies**  **Corn**  **Mixed Fruit**  **Roll**  **Milk** | **21**  **Sub Sandwiches**  **Cucumbers**  **Strawberries**  **Milk** | **22**  **Chicken Quesadilla WG**  **Guacamole & Chips**  **Mandarin Oranges**  **Milk** |
| **25**  **Shredded BBQ Chicken Slider WG**  **Baked Beans**  **Berries**  **Milk** | **26**  **Beef and Broccoli w/ Rice**  **Pineapple**  **Milk** | **27**  **Turkey w/Gravy**  **Sweet Potatoes**  **Tropical Mix**  **Roll**  **Milk** | **28**  **Chicken & Cheese Roll-Ups WG**  **Snap Peas**  **Applesauce**  **Milk** | **29**  **Chilli Dogs on WG Bun**  **Corn**  **Banana**  **Milk** |