



# October 2021

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1 B - Oatmeal/Blueberries L - Pancakes & Ham Peas/Peaches AM S - Raisins/Crackers PM S - Mini Rice Cakes/fruit	
	4 B - Toast & Jelly/Apple slices L - Spaghetti Corn/Peaches AM S - Veggie crackers/Raisins PM S - Fruit Kabobs	5 B - Bagels/Cream cheese/Juice L - Chicken Nuggets Green Beans/Pears AM S - Nilla wafers/apples PM S - Rice Cakes w/ cream cheese	6 B - Cheerios/Orange Slices L - Cheese sandwich Carrots/Apple sauce AM S - Cottage cheese/fruit PM S - soy butter & grahams	7 B - English Muffin/Berries L - French Toast Stix/sausage Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers	8 B - Muffins/Apple slices L - Pizza Rounds Mixed veggies/Fruit Cocktail AM S - Pretzels & Cheese PM S - Animal Crackers/Fruit	
	11 B - Oatmeal & Bananas L - Cheese Quesadillas Carrots/Peaches AM S - Yogurt/Fruit PM S - Bananas/animal crackers	12 B - Cheerios/orange slices L - Scrambled eggs Mixed Veggies/Fruit Cocktail AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit	13 B - Rice Krispies/fresh fruit L - Ham sandwich/Green Beans/Applesauce AM S - Cottage Cheese/fruit PM S - Nilla Wafers/Apples	14 B - Bagels & Cream Cheese L - Fish Sticks Corn/Pears AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	15 B - Toast & Jelly/fresh fruit L - Pancakes & Sausage Peas/Pineapple AM S - Crackers & Cheese PM S - Pretzels/Fruit	
	18 B - Bagels/Cream Cheese/Juice L - Pizza rounds Peas/pears AM S - Fresh Fruit /Nilla Wafers PM S - Berry Parfaits	19 B - Rice Krispies/Fresh Fruit L - Soy butter & Jelly sandwich Carrots/Applesauce AM S - Bananas/ animal crackers PM S - Veggies Straws/ Fruit	20 B - Toast & Jelly/Banana L - Waffles & Sausage Green beans/Fruit cocktail AM S - Pretzels/Fruit PM S - Apple Cars	21 B - Cheerios/ Berries L - Mac & Cheese Corn/Pineapple AM S - Banana/veggie crackers PM S - Rice Cake Faces	22 B - English Muffins/Apple slices L - Hot dogs Mixed Veggies/Peaches AM S - Fruit/ cinnamon graham PM S - Cheese Stick /raisins	
B = Breakfast L = Lunch S = Snacks	25 B - Soy butter toast /fruit L - Meatballs + potatoes/ Green beans/pears AMS - graham & apples PMS - cheese stick/crackers	26 B - Bagels w/ Cream Cheese L - Spaghetti Peas/Pineapple AM S - Mixed Fruit/Rice Cakes PM S - Cheese & Crackers	27 B - Cereal/fresh fruit L Turkey sandwich/ Corn/peaches AMS - veggie crackers/cheese sticks PMS - cottage cheese/fruit	28 B - Rice Krispies/ Fresh Fruit L - Corn Dogs Carrots & Fruit Cocktail AM S - Pretzels & raisins PM S - Vanilla wafers& fruit	29 B - Blueberry muffins <b>Halloween Party</b>  Special sign up will be posted	Milk served with breakfast and lunch. Water for snacks unless otherwise stated