

October & November Menu

**Months with a "fifth" week will repeat week 1 menu*

WEEKS 1 and 3

WEEKS 2 and 4

	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Break-fast	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
A.M. Snack	Apples	Waffles	Banana	Breakfast Bar	Pancakes	A.M. Snack	Apples	Waffles	Banana	Breakfast Bar	Pancakes
Lunch (Served w/Milk)	Spaghetti with Meat Sauce, Peas, Carrots, & Cantaloupe	Grilled Cheese Sandwich, Fries, Grapes	Rice & Lentils, Green Beans, & Oranges	Cheese Pizza & Fruit Jello	Chicken Cheese Quesadilla Corn, & Peaches	Lunch (Served w/Milk)	Macaroni & Cheese, Peas, Carrots, & Cantaloupe	Grilled Cheese, French Fries, & Grapes	Mexican Rice, Beans, Green Beans, & Oranges	Cheese Pizza & Fruit Jello	Chicken Nuggets, Corn, & Pineapple
2:30 p.m. snack	Cream Cheese Jelly Sandwich & Milk	Pita Bread, Hummus, & Milk	Tea Bread & Milk	Animal Crackers & Milk	Tea Biscuit & Milk	2:30 p.m. snack	Cream Cheese Jelly Sandwich & Milk	Pita Bread, Hummus, & Milk	Tea Bread & Milk	Animal Crackers & Milk	Pita Bread, Hummus, & Milk
5 p.m. snack	Goldfish	Trail Mix	Ritz Crackers	Veggie Straws	Pretzels	5 p.m. snack	Goldfish	Trail Mix	Ritz Crackers	Veggie Straws	Pretzels

NOTE: OUR MONTHLY MENU WILL BE SENT TO YOU VIA EMAIL. YOU WILL ALSO FIND IT ON THE SCHOOL'S BULLETIN BOARD.

AN ALTERNATIVE OPTION FOR VEGETARIANS IS A GRILLED CHEESE SANDWICH OR THE DISH OF THE DAY WITHOUT MEAT. CHILDREN ARE OFFERED WATER TO DRINK THROUGH OUT THE DAY , W/ LUNCH & ALL SNACKS.