

# 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
<b>Break-fast</b>	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
<b>A.M. Snack</b>	Apples	Oatmeal w/ Fruit	Yogurt w/ Fruit	Oatmeal w/ Fruit	Banana
<b>Lunch</b> (Served w/Milk)	Mac & Cheese w/ Hotdog, Peas, Carrots, & Cantaloupe	Potato-Egg Wraps, & Peaches	Grilled Cheese Sandwich, Fries, & Grapes	Cheese Pizza & Jello	Butter Chicken w/ Rice, Green Beans, & Oranges
<b>2:30 p.m. snack</b>	Pound Cake & Milk	Tea Biscuit & Milk	Cream Cheese & Jelly Sandwich & Milk	Ritz Crackers, Hummus & Milk	Pancakes & Milk
<b>5 p.m. snack</b>	Goldfish	Veggie Straws	Animal Crackers	Trail Mix	Pretzels

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Break-fast</b>	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk	Cold Cereal w/milk
<b>A.M. Snack</b>	Apples	Oatmeal w/ Fruit	Yogurt w/ Fruit	Oatmeal w/ Fruit	Banana
<b>Lunch</b> (Served w/Milk)	Spaghetti w/ Meat Sauce, Peas, Carrots, Cantaloupe	Chicken Cheese Tacos, Corn, & Pineapple	Grilled Cheese Sandwich, Fries, & Grapes	Cheese Pizza & Jello	Rice, Beans, Green Beans & Oranges
<b>2:30 p.m. snack</b>	Pound Cake & Milk	Cream Cheese & Jelly Sandwich & Milk	Tea Biscuit & Milk	Ritz Crackers, Hummus & Milk	Pancakes & Milk
<b>5 p.m. snack</b>	Goldfish	Veggie Straws	Animal Crackers	Trail Mix	Pretzels

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

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.