October

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| 1  B-Cereal bars, milk  L-Chicken Noodle Soup, pineapple, crackers  S-Snack Crackers, milk | 2  B-Bagels, peaches, milk  L-Oven Baked Tacos, peaches, corn  S- Carrots & Ranch, milk | 3  B- Banana Oatmeal, milk  L- Turkey and cheese sandwiches, watermelon, corn  S- Apple slices, milk | 4  B- Berry Oatmeal Bake, milk  L- Pulled Pork Sandwiches, green beans, applesauce  S Banana Sushi -, milk | 5  B- Cereal, mixed fruit, water  L- Chicken & Broccoli Quinoa Bake, mandarin oranges, roll  S- Veggie ‘Pizza’, milk |
| 8  B- English Muffins w/jelly, pears, milk  L- Grilled Cheese & Tomato Soup, carrots, crackers  S- Animal crackers, milk | 9  B- Cereal bars, milk  L- Spaghetti Squash & meatballs, carrots, cantaloupe  S- Cheese Sticks, Fruit Juice | 10  B- Peach Oatmeal, milk  L-Chicken Salad Sandwiches, corn pears  S- Strawberries, milk | 11  B- Cereal, fruit, water  L- “Sneaky” veggie mac & cheese w/ ground turkey, pears, roll  S- Fresh Cherries, milk | 12  B- Yogurt & Fresh Fruit, water  L- Shepard’s Pie, pineapple, roll  S- Zucchini Muffins, milk |
| 15  B-Cereal, mixed fruit, water  L- Chicken Quesadilla, apple slices, corn  S- Watermelon, milk | 16  B- Banana French Toast Casserole, milk  L- Mini Meatloaf, mashed potato, green beans, roll  S- Animal crackers, milk | 17  B- Cereal bars, milk  L- Mexican Chicken Quinoa, pears, roll  S- Snack crackers, milk | 18  B- Waffles, peaches, milk  L- Cauliflower Baked Ziti w/ Ground Beef, bananas  S- Pineapple Chunks, milk | 19  B- Raisin toast, pears, milk  L- Chili, green beans, peas, crackers  S- Blueberry muffins, milk |
| 22  B- Cereal bars. mixed fruit, milk  L- Chicken Salad Sandwiches, corn, pears  S- Cantaloupe, milk | 23  B-Yogurt & Fresh Fruit, water  L- Taco Pasta Bake, pineapple, corn  S- Carrots & Ranch, milk | 24  B- English muffins, milk  L- “Sneaky” veggie mac & cheese w/ ground beef, applesauce, roll  S- Apple slices, milk | 25  B- Apple French Toast Casserole, pineapple, milk  L- Ham, lettuce, cheese roll-ups, tropical fruit, cauliflower  S- Yogurt, Fruit Juice | 26  B- Cereal, fruit, water  L- Sausage Gravy & Biscuits, corn, peas  S- Pumpkin Muffins, milk |
| 29  B-Bagels, pineapple, milk  L- Spaghetti & Meat Sauce, butternut squash, mixed fruit  S-Watermelon, milk | 30  B-Berry Oatmeal Bake, milk  L-Breakfast Tacos, zucchini, corn  S-Cheese Sticks, apple cider | 31  B- Cereal, mixed fruit, water  L- Turkey & Cheese sandwiches, mashed sweet potato, peas  S- Halloween Party | *1*  *B- Banana Oatmeal, milk*  *L- Chili, green beans, carrots, crackers*  *S- Apple slices w/ SunButter, milk* | *2*  *B- Yogurt & Fresh Fruit, water*  *L- Mini Meatloaf, mashed potato, carrots, roll*  *S- Applesauce Muffins, milk* |

Milk is always served with lunch although not indicated. Any necessary menu changes will be noted on the menu in the lobby.