

# October 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3– Breakfast:</b> Kix cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Hot dog on roll, baked beans, pineapples and milk*</p> <p><b>PM Snack:</b> Apple s &amp; milk*</p>	<p><b>4– Breakfast:</b> Froot Loops cereal, grape juice and milk*</p> <p><b>Lunch:</b> Chicken and rice, broccoli, applesauce and milk*</p> <p><b>PM Snack:</b> Rice cakes &amp; milk*</p>	<p><b>5– Breakfast:</b> Cinnamon Toast Crunch cereal, orange juice and milk*</p> <p><b>Lunch:</b> Toasted cheese sandwich, tomato soup, carrots, crackers, mandarin oranges and milk*</p> <p><b>PM Snack:</b> Animal crackers &amp; milk*</p>	<p><b>6– Breakfast:</b> : Corn flakes cereal, apple juice and milk*</p> <p><b>Lunch:</b> Baked ziti, tossed salad, fruit cocktail and milk*</p> <p><b>PM Snack:</b> Lemon bars &amp; milk*</p>	<p><b>7– Breakfast:</b> Frosted flakes cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Chicken corn soup, sweet bologna &amp; cheese sandwich, crackers, peaches and milk*</p> <p><b>PM Snack:</b> Triscuits &amp; milk*</p>
<p><b>10– CCC CLOSED</b></p> 	<p><b>11– Breakfast:</b> Honey Bunches of Oats, orange juice and milk*</p> <p><b>Lunch:</b> Chicken patty on roll, corn, pears and milk*</p> <p><b>PM Snack:</b> Cheese sticks &amp; milk*</p>	<p><b>12– Breakfast:</b> Toast w/ jelly, apple juice and milk*</p> <p><b>Lunch:</b> Pizzaburger, green beans, pineapples and milk*</p> <p><b>PM Snack:</b> Yogurt &amp; milk*</p>	<p><b>13– Breakfast:</b> Cocoa Puffs cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Tacos with lettuce, tomatoes, cheese, applesauce and milk*</p> <p><b>PM Snack:</b> S'mores bars &amp; milk*</p>	<p><b>14– Breakfast:</b> Fruity Pebbles cereal, grape juice and milk*</p> <p><b>Lunch:</b> Pork BBQ, sweet potato fries, mandarin oranges and milk*</p> <p><b>PM Snack:</b> Bananas &amp; milk*</p>
<p><b>17– Breakfast:</b> Cheerios, cereal, orange juice and milk*</p> <p><b>Lunch:</b> Turkey &amp; cheese on roll, baked beans, fruit cocktail and milk*</p> <p><b>PM Snack:</b> Chex Mix &amp; milk*</p>	<p><b>18– Breakfast:</b> Lucky Charms cereal, apple juice and milk*</p> <p><b>Lunch:</b> Ranch chicken casserole w/rice, peas, peaches and milk*</p> <p><b>PM Snack:</b> Pretzels &amp; milk*</p>	<p><b>19– Breakfast:</b> Corn Chex cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Pancakes with syrup, sausage, pears and milk*</p> <p><b>PM Snack:</b> Fruit snacks &amp; milk*</p>	<p><b>20– Breakfast:</b> Frosted Mini Wheats, grape juice and milk*</p> <p><b>Lunch:</b> Goulash, tossed salad, pineapples and milk*</p> <p><b>PM Snack:</b> Applesauce cake &amp; milk*</p>	<p><b>21– Breakfast:</b> Life cereal, orange juice and milk*</p> <p><b>Lunch:</b> Chili, sunbutter &amp; jelly sandwich, crackers, applesauce and milk*</p> <p><b>PM Snack:</b> Sunchips &amp; milk*</p>
<p><b>24– Breakfast:</b> Rice Krispies cereal, apple juice and milk*</p> <p><b>Lunch:</b> Ham and cheese on roll, mixed vegetables, mandarin oranges and milk*</p> <p><b>PM Snack:</b> Cereal mix &amp; milk*</p>	<p><b>25– Breakfast:</b> Trix cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Chicken pot pie, broccoli, fruit cocktail and milk*</p> <p><b>PM Snack:</b> Graham crackers &amp; milk*</p>	<p><b>26– Breakfast:</b> Cinnamon toast, grape juice and milk*</p> <p><b>Lunch:</b> Pizza, green beans, peaches and milk*</p> <p><b>PM Snack:</b> Hard boiled eggs &amp; milk*</p>	<p><b>27– Breakfast:</b> Cinnamon Chex cereal, orange juice and milk*</p> <p><b>Lunch:</b> Fish sticks, macaroni &amp; cheese, peas, sweet carrots, pears and milk*</p> <p><b>PM Snack:</b> Brownies &amp; milk*</p>	<p><b>28– Breakfast:</b> Puffed wheat cereal, apple juice and milk*</p> <p><b>Lunch:</b> Chicken nuggets, buttered noodles, corn, pineapples and milk*</p> <p><b>PM Snack:</b> Fig newtons &amp; milk*</p>
<p><b>31– Breakfast:</b> Honey Comb cereal, fruit punch and milk*</p> <p><b>Lunch:</b> Cheesesteak on roll, peas, applesauce and milk*</p> <p><b>PM Snack:</b> Vanilla wafers &amp; milk*</p>			<p>Milk* (Age 1: Whole milk; Age 2+: 1% milk)</p>	