



OCTOBER

Tuesday, Oct 1st

Pumpkin Spice Bread,
Pears

Veggie Taco Bake, Green
Beans, Pears

Sn: Goldfish, Juice

Wednesday, Oct 2nd

Whole Wheat French Toast
Stix, Applesauce

Veggie Pizza Pasta, Green
Beans, Applesauce

Sn: Veggie Chips, Cheese
Cubes

Thursday, Oct 3rd

Waffles, Pineapple

Veggie Burger on Bun,
Carrots, Pineapple

Sn: Tortilla Chips, Salsa

Friday, Oct 4th

Center

Closed

For

Training

Monday, Oct 7th

Kix, Pineapple

Chickpea Noodle Soup,
Grilled Cheese, Pineapple

Sn: Chex Mix, Juice

Tuesday, Oct 8th

Cinnamon Bread, Diced
Apples

Veggie Corndogs, Carrots,
Diced Apples

Sn: Gogurt, Club Crackers

Wednesday, Oct 9th

Omelets, Peaches

Vegan Turkey Cutlets, Gar-
lic breadstick, Peas, Peach-
es

Sn: Bananas, Cheerios

Thursday, Oct 10th

Pancakes, Pears

Veggie Meatball Sub, Corn,
Pears

Sn: Cheese itz, Juice

Friday, Oct 11th

Hashbrown Casserole, Fruit
Mix

Fettuccini Alfredo, Broccoli,
Fruit Mix

Sn: Cook's Choice



Dates with dotted outline indicates school agers present for meals.

Vegetarian Menu

Monday, Oct 14th

Rice Krispies, Mandarin Oranges
Veggie Noodle Soup, Sun Butter and Jelly Sandwich, Mandarin Oranges
Sn: Veggie Straws, Juice

Tuesday, Oct 15th

Raspberry Bread, Pears
Veggie Chicken Nuggets, Mashed Potatoes, Pears
Sn: Cottage Cheese, Pretzels

Wednesday, Oct 16th

Biscuits and Gravy, Peaches
Avanti's Gondola Sandwich, potato sticks, Peaches
Sn: Apple Slices, String Cheese

Thursday, Oct 17th

Waffles, Pineapple
Veggie Cheeseburger on Bun, Peas, Pineapple
Sn: Popcorn, Juice
Tod: Puffed Corn, Juice

Friday, Oct 18th

Egg and Cheese Bagel, Fruit Mix
Cheese Pizza, Corn, Fruit Mix
Sn: Bel-Vita Biscuits, Milk

Monday, Oct 21st

Golden Grahams, Pears
Tomato Soup, Bosco Stix, Pears
Sn: Rice Cakes, Juice

Tuesday, Oct 22nd

Apple spice bread, Pineapple
Veggie Pot Pie Casserole, Biscuit, Pineapple
Sn: Ritz Crackers, Cheese Slice

Wednesday, Oct 23rd

Whole Wheat French Toast Stix, Applesauce
Veggie Taco Bake, Green Beans, Applesauce
Sn: Grapes, Yogurt
Tod: Fruit, Yogurt

Thursday, Oct 24th

Omelets, Fruit Mix
Veggie Chicken Patty on Bun, Carrots, Fruit Mix
Sn: Animal Crackers, Milk

Friday, Oct 25th

Oatmeal bars, Cinnamon Apples
Mac & Cheese, Peas, Cinnamon Apples
Sn: Nutri-grain Bar

Monday, Oct 28th

Cheerios, Mandarin Oranges
Potato Soup, Cheese Sandwich, Mandarin Oranges
Sn: Trail Mix, Juice

Tuesday, Oct 29th

Banana bread, Peaches
Veggie Chicken Nuggets, green beans, Peaches
Sn: Cucumber w/ Ranch, Pretzels

Wednesday, Oct 30th

Vegetarian Sausage Biscuit, Pineapple
Veggie Meatballs, Buttered Noodles, Carrots, Pineapple
Sn: Apple Slices, Cheese Cubes

Thursday, Oct 31st

Pancakes, Mixed Fruit
Veggie Sloppy Joe on Bun, Mixed Veggies, Mixed Fruit
Sn: Veggie Chips, Juice