



October **UPDATED** Newsletter

WG – Whole Grain
WW – Whole Wheat
WM – White Meat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM: Kix cereal 30 Milk L: Mini corn dogs Baked beans Pineapple Milk PM: Cheez-its crackers Milk	AM: Blueberry muffins 1 Milk L: Meatballs w/ gravy Mashed potatoes WW bread and butter Mandarin oranges Milk PM: Vanilla Wafers Milk	AM: Applesauce 2 Graham cracker sticks L: Cheeseburger on WW bun Corn Pears Milk PM: Animal crackers Milk	AM: Nutri Grain bar 3 Milk L: Spaghetti w/ meat sauce Green beans Applesauce Milk PM: Apple Jacks cereal Milk	AM: Vanilla yogurt 4 Nut free granola L: WM Chicken nuggets Hawaiian dinner roll Cooked broccoli Peaches Milk PM: Pretzels Milk
AM: Life cereal 7 Milk L: Macaroni and Cheese Peas Pears Milk PM: Popcorn Cheese cubes	AM: Cottage cheese 8 Peaches L: Bosco sticks w/ pizza sauce Carrot sticks w/ ranch Peaches Milk PM: Vanilla yogurt Nut free granola	AM: Apple slices w/ sunflower butter 9 Milk L: Chicken tenders on tortilla shell Shredded lettuce & cheese Cucumber slices w/ ranch Orange slices Milk PM: Cinnamon Toast Crunch cereal Milk	AM: Bagels and cream cheese 10 Milk L: Taco meat/shredded cheese WG Tortilla chips Green peppers Pineapple Milk PM: Chex snack mix Milk	AM: Cheese stick 11 Wheat Thins L: Beef hot dog on WW bun Tater tots Bananas Milk PM: Cinnamon graham sticks Milk
AM: Vanilla yogurt 14 Nut free granola L: Beef and noodles Green beans Applesauce Milk PM: Tortilla chips Salsa	AM: Vanilla wafers 15 Milk L: WM Chicken patty on WW bun Corn Pears Milk PM: Pretzels Milk	AM: Lucky Charms cereal 16 Milk L: Beefy macaroni Romaine salad w/ ranch Peaches Milk PM: WW Ritz crackers Sliced cheese	AM: Banana 17 Milk L: Ham and cheese sandwich Carrots w/ ranch Bananas Milk PM: Cheddar Goldfish crackers Milk	AM: S'more snack mix 18 Milk L: Chicken noodle soup WW crackers Celery w/ cream cheese Apple slices Milk PM: Trix cereal Milk
AM: Cheese stick 21 Wheat Thins L: Cheeseburger on WW bun Corn Mixed fruit Milk PM: Animal crackers Milk	AM: Cinnamon graham sticks 22 Milk L: Grilled cheese on WW bread Tomato soup Pickle slices Mandarin oranges Milk PM: S'more snack mix Milk	AM: Cottage cheese 23 Pineapple L: French toast sticks Sausage links Hash browns Peaches Milk PM: Cheez-its crackers Milk	AM: Blueberry muffins 24 Milk L: Fish tacos w/ WW tortilla Shredded lettuce/cheese Cucumber slices w/ ranch Pears Milk PM: Kix cereal Milk	AM: Golden Grahams cereal 25 Milk L: Bosco sticks w/ pizza sauce Carrot sticks w/ ranch Bananas Milk PM: Chocolate animal crackers Milk
AM: Bagels and cream cheese 28 Milk L: Sloppy joe on WW bun Corn Peaches Milk PM: Lucky Charms cereal Milk	AM: Ritz crackers 29 Sunflower butter L: Chili soup WW crackers Celery w/ cream cheese Orange slices Milk PM: Chex snack mix Milk	AM: Trix cereal 30 Milk L: WM Chicken nuggets WW bread and butter Green beans Pears Milk PM: Graham crackers Milk	AM: Nutri Grain bar 31 Milk L: Macaroni and Cheese Peas Applesauce Milk PM: Vanilla wafers Milk	AM: Animal crackers 1 Milk L: Beef hot dog on WW bun Cauliflower w/ ranch Bananas Milk PM: Pretzels Milk

**Menu subject to change*