


BEGINNINGS AND BEYOND ~ October 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 W.G. Corn Chex Pears Milk	3 Raisin Toast/Butter Pineapple Milk	4 Rice Krispies Oranges Milk	5 W.W. Toast/Butter Mixed Fruit Milk	6 Bagel/Butter Applesauce Milk
LUNCH	Chicken and Dumplings (Biscuits) Peas and Carrots Mixed Fruit Milk	Meatballs and Brown Gravy W.G. Rice Carrots Applesauce Milk	Tasty Chicken Tenders W.W. Bread Mashed Potatoes Pears Milk	Beef Burger Goulash (Gr.Beef,Corn) Egg Noodles Pineapple Milk	Opa's Mac and Cheese Peas Oranges Milk
SNACK	Teddy Bites(Teddy Grahams, Pretzals, and Raisins) 100% Fruit Juice	Goldfish 100% Fruit Juice	Cinnamon Applesauce and Graham Crackers Water	Chex Mix(Corn Chex, Rice Chex, Raisins, Pretzels) 100% Fruit Juice	W.G. Triscuits 100% Fruit Juice
BREAKFAST	9 English Muffins/Butter Oranges Milk	10 W.G. Rice Chex Mixed Fruit Milk	11 Waffles/Syrup Pineapple Milk	12 W.G. Crunchy Oat Squares Pears Milk	13 Corn Muffins Banana Milk
LUNCH	Chicken with Broccoli and Lo Mein Noddles Pears Milk	Simple Salsibury Steak White Rice Mixed Vegetable Applesauce Milk	Crpisy Chicken Dinner Cous Cous Mashed Potao Oranges Milk	Pizza Casserole Peas Mixed Fruit Milk	Grilled Cheese (W.W.Bread) Green Beans Pineapple Milk
SNACK	W.G. Fruity Oat Mix 100% Fruit Juice	Pretzels 100% Fruit Juice	W.G. Wheat Thins 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Yogurt with Graham crackers Water
BREAKFAST	16 Corn Flakes Pears Milk	17 Bagel/Butter Pineapple Milk	18 W.W. French Toast/Syrup Oranges Milk	19 W.G. Cheerios Mixed Fruit Milk	20 Biscuits/Butter Peaches Milk
LUNCH	Cheesy Chicken Quesadillas (W.G. Torillas) Mixed Vegetables Oranges Milk	Penne Pasta with Meatballs Peas Mixed Fruit Milk	<i>Breakfast For Lunch</i> Scrambled Eggs Pop's Potatoes W.W. Bread Oranges Milk 	Chicken Parmesan Spaghetti Noodles Green Beans Pears Milk	Homemade Pizza Carrots Pineapple Milk
SNACK	Teddy Bites(Teddy Grahams, Pretzals, and Raisins) 100% Fruit Juice	W.G. Triscuits 100% Fruit Juice	Goldfish 100% Fruit Juice	Chex Mix(Corn Chex, Rice Chex, Raisins, Pretzels) 100% Fruit Juice	W.G. Rice Cakes 100% Fruit Juice
BREAKFAST	23 W.G. Crunchy Oat Squares Pineapple Milk	24 Raisin Toast/Butter Oranges Milk	25 Pancakes/Syrup Applesauce Milk	26 English Muffins/Butter Mixed Fruit Milk	27 W.G. Rice Chex Pears Milk
LUNCH	Chicken Noodles in a Pan Mixed Fruit Peas and Carrots Milk	Turkey Hot Dogs Hot Dog Buns Broccoli Pears Milk	Angry Bird Chicken W.G. Rice Mixed Vegetables Pineapple Milk	Kid's Favorite Chili Oyster Crackers Oranges Milk	Spaghetti a La Philly Corn Applesauce Milk
SNACK	Montery Jack Cheese Slices and Saltine Crackers Water	W.G. Fruity Oat Mix 100% Fruit Juice	Pretzels 100% Fruit Juice	W.G. Wheat Thins 100% Fruit Juice	Cheese-Its 100% Fruit Juice
BREAKFAST	30 W.G. Corn Chex Oranges Milk	31 W.W. Toast/Butter Pineapple Milk			
LUNCH	Chicken Melties (Eng. Muffins) Peas Mixed Fruit Milk	<i>Halloween Lunch</i> Ghastly Ghoulash (Gr. Beef,corn) Buttered "Boo'dles Cinnamon Applesauce Milk			
SNACK	Animal Crackers 100% Fruit Juice	Class Parties (Healthy Snacks)			

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day.
We are unable to provide alternative foods due to the time schedule and the large number of children we serve. We appreciate your understanding! Thank you!