

October Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|---|--|---|
| | 1 | 2 | 3 | 4 | 5 |
| am snack | rice pudding | cereal sliced bananas | oatmeal with raisins | applesauce and WW crackers | 1/4 multigrain bagel butter |
| lunch | tomato soup with cheese sandwich | beef and vegetable stirfry over brown rice | chicken broccoli casserole, normandy vegetables | three bean beef chili cornbread | chicken flautas, stirfry vegetables, spanish rice |
| veg option | | tofu and vegetable stirfry | broccoli cheese casserole | three bean chili | bean and cheese flautas |
| pm snack | whole grain crackers and raisins | organic animal crackers | fresh fruit | pineapple chunks | cheddar bunnies, fresh fruit |
| | 8 | 9 | 10 | 11 | 12 |
| am snack | applesauce and WW crackers | oatmeal with raisins | cereal sliced bananas | rice pudding | 1/4 multigrain buttered bagel |
| lunch | tuna pasta salad, vegetable soup | King Ranch Casserole, mixed vegetables | bean and cheese tacos, green beans and carrots | yellow split pea soup with ham, WW crackers | pasta with ham and peas, sliced peaches |
| veg option | pasta and bean salad | King Ranch Casserole without chicken | | yellow split pea soup | |
| pm snack | fresh fruit with cheese | fresh fruit | cheddar bunnies, fresh fruit | whole grain crackers with string cheese | organic animal crackers |
| | 15 | 16 | 17 | 18 | 19 |
| am snack | oatmeal with raisins | rice pudding | cereal sliced bananas | 1/4 multigrain buttered bagel | applesauce and animal crackers |
| lunch | pasta with meat and spinach sauce, sliced peaches | tuna salad sandwich, baby carrots | meatloaf, mashed potatoes and green beans | chicken and cheese quesadillas, cheesy broccoli, buttered corn | chicken noodle soup with WW crackers and cheese |
| veg option | pasta with spinach sauce | hummus sandwich | black bean burger | cheese quesadillas | vegetable noodle soup |
| pm snack | pineapple chunks | organic animal crackers | whole grain crackers with string cheese | orange slices | vegetable sticks with salad dressing |
| | 22 | 23 | 24 | 25 | 26 |
| am snack | oatmeal with raisins | rice pudding | cereal sliced bananas | applesauce and WW crackers | 1/4 multigrain buttered bagel |
| lunch | split pea and vegetable soup | pasta with turkey tomato sauce, sliced peaches | chicken veg soup over rice and beans | honey roasted turkey breast, garden blend vegetables, WW pasta | mac and cheese with steamed carrots and broccoli |
| veg option | | pasta with tomato sauce and cheese | veg soup over rice and beans | Marinated Baked Tofu | |
| pm snack | fresh fruit with cheese | organic animal crackers | vegetable sticks with dressing | pineapple chunks | fresh fruit |
| | 29 | 30 | 31 | 1 | 2 |
| am snack | rice pudding | cereal sliced bananas | oatmeal with raisins | applesauce and WW crackers | 1/4 multigrain bagel butter |
| lunch | tomato soup with cheese sandwich | beef and vegetable stirfry over brown rice | chicken broccoli casserole, normandy vegetables | three bean beef chili cornbread | chicken flautas, stirfry vegetables, spanish rice |
| veg option | | tofu and vegetable stirfry | broccoli cheese casserole | three bean chili | bean and cheese flautas |
| pm snack | whole grain crackers and raisins | organic animal crackers | fresh fruit | pineapple chunks | cheddar bunnies, fresh fruit |