

October Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	30	1	2	3	4
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
	7	8	9	10	11
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
	14	15	16	17	18
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
	21	22	23	24	25
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
	28	29	30	31	1
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