

October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted flavored yogurt, cereal, toast, jams, cheese whiz, muffins, loaf bread, variety of fresh fruit, water and milk	Assorted flavored yogurt, cereal, toast, jams, cheese whiz, muffins, loaf bread, variety of fresh fruit, water and milk	Assorted flavored yogurt, cereal, toast, jams, cheese whiz, muffins loaf bread, variety of fresh fruit, water and milk	Assorted flavored yogurt, cereal, toast, jams, cheese whiz, muffins, loaf bread, variety of fresh fruit, water and milk	Assorted flavored yogurt, cereal, toast, jams, cheese whiz, muffins, Loaf bread, variety of fresh fruit, water and milk
Mid-morning snack	Oranges and banana loaf, and water	Assorted yogurt, bran buds and water	Cheese and crackers and water	Muffins, melon, and water	Hard boiled eggs and bread sticks and water
Lunch	Sweet potato soup, turkey/ ham sandwich, fruit and milk	Spaghetti, with meat sauce, Caesar salad whole wheat bread Fruit and milk	Tortellini soup, homemade biscuits, veggie tray and dip, Fruit and Milk	Harvest vegetables, chicken with rice casserole, whole wheat buns, Fruit and milk	Herbed crusted fish, brown baked beans, corn, buttered buns, Fruit and milk
Mid-afternoon snack	Cucumber slices, ritz crackers and water	Melba toast, cream cheese, apples, and water	Homemade cookies, banana and water	applesauce, rice cakes and water	Graham wafers. Fresh fruit and water