



Meal	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<i>Breakfast</i>	Waffles	Bagel & Cream Cheese	Eggs and Fruit	French Toast	Cereal
<i>A.M. Snack</i>	Cheese Sticks	Cheese Its	Pepperoni & Pretzels	Apples	Graham Crackers
<i>Lunch</i>	Mac & Cheese, Broccoli, Fruit	Chili, Corn Bread & Fruit	Spaghetti & Salad, Fruit	Grilled Cheese, Veggie Straws, & Fruit	Garlic Bread Pizza, Fruit
<i>P.M. Snack</i>	Animal Crackers	Turkey & Crackers	Gold Fish	Yogurt Pretzels	Fall Trail Mix
Meal	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<i>Breakfast</i>	Sausage & Toast	Yogurt & Granola	Hash Browns & Fruit	Pancakes	Strawberry Bars
<i>A.M. Snack</i>	Grapes & Wheat Thins	Apples	Bananas	Cheese Its	Raisins
<i>Lunch</i>	Goulash & Fruit	Beans & Weenies, Fruit	Chicken Quesadilla, Fruit, Corn	SB Lunchable	Baked Ziti, Fruit, & Green Beans
<i>P.M. Snack</i>	Rice Cakes	Tortilla & Soybutter	Ranch Crackers	Yogurt Sugar Wafers	Pumpkin Chex Mix
Meal	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<i>Breakfast</i>	Toast & Apples	Eggs and Ham	Muffins & Fruit	Cereal	Breakfast Sandwich
<i>A.M. Snack</i>	Pumpkin Pretzels	Apples & Sun Butter	Goldfish	Cheese & Crackers	Yogurt Bites
<i>Lunch</i>	Sloppy Joes, Fruit, Veggie Straws	Baked Potato, Fruit, Broccoli	Sheppard's Pie, Fruit	Ham & Cheese Pinwheels, Green Bean Crisps, Fruit	Cheese Quesadillas, Corn, Fruit
<i>P.M. Snack</i>	Teddy Grahams	Cheese Cubes	Carrots & Ranch	Banana Chips & Pretzels	Pumpkin Bread
Meal	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<i>Breakfast</i>	Yogurt & Fruit	Waffles	Bagel & Cream Cheese	Eggs & Fruit	Hash Browns and Sausage
<i>A.M. Snack</i>	Tortillas & Sun Butter	Bananas	Pretzels	Animal Crackers	Green Bean Crisp
<i>Lunch</i>	Hash Brown Casserole, Fruit	Corn Bread Bites, Fruit, Carrots	Grilled Ham & Cheese, Fruit, Cucumber	French Bread Pizza, Fruit	Tacos, Corn, Fruit
<i>P.M. Snack</i>	Vanilla Wafers	Chex Mix	Chips & Salsa	Pumpkin Cupcakes	Pumpkin Snickerdoodles
Meal	Monday 29	Tuesday 30	Wednesday 31		
<i>Breakfast</i>	Apple Muffins	Toast & Bananas	Pumpkin Pancakes		
<i>A.M. Snack</i>	String Cheese	Jello Worms	Baked Apples with Granola		
<i>Lunch</i>	Broccoli, Cheese & Rice, Fruit	Mummy Dogs, Fruit	Porcupine Meatballs, Beans, Fruit		
<i>P.M. Snack</i>	Fall Harvest Chex Mix	Puppy Chow	Pumpkin Snack Mix		