



**Week 1: 10/16**

**B:** Frosted Mini-Wheat's & Fruit  
**L:** Mac & cheese w/turkey, peas & Fruit  
**Snacks**  
**A.M.** Biscuits W/ Cheese  
**P.M.** Animal Crackers W/ Fruit

**B:** Bagels & Fruit  
**L:** Meatballs, Mashed Potatoes, Mixed Vegetables & Fruit  
**Snacks**  
**A.M.** Cheese Crackers  
**P.M.** Trail Mix

**B:** Waffles & Fruit  
**L:** Chicken & Dumplings, Green Beans & Fruit  
**Snacks**  
**A.M.** Fruit Cocktail w/Graham Crackers  
**P.M.** Jell-O/ Fruit

**B:** Biscuits & Turkey Sausage & Fruit  
**L:** BBQ Casserole & Fruit  
**Snacks**  
**A.M.** Vanilla Wafers & Banana Pudding  
**P.M.** Mandarin Oranges & Crackers

**B:** Buttered English Muffins & Fruit  
**L:** Fish nuggets, mix veggies& Fruit  
**Snacks**  
**A.M.** Oranges & Apple Slices  
**P.M.** Crackers W/ Sliced Cheese & Ham

**Week 2: 10/23**

**B:** Rice Krispies & Fruit  
**L:** Chicken Spaghetti w/whole wheat pasta, Green Beans & Fruit  
**Snacks**  
**A.M.** Blueberry Bagels W Cream Cheese  
**P.M.** Nacho Chips W/ Cheese

**B:** Oatmeal w/Raisins & Fruit  
**L:** Chicken Nuggets, Peas & Carrots & Fruit  
**Snacks**  
**A.M.** Bananas & Mixed Fruit  
**P.M.** Cinnamon Applesauce W/ Animal Crackers

**B:** Scrambled Eggs & Whole Wheat Toast & Fruit  
**L:** Shepherd's Pie & Fruit  
**Snacks**  
**A.M.** Sliced Cheese & Crackers  
**P.M.** Rice crispy treats

**B:** Cheese Toast on Whole Wheat Bread & Fruit  
**L:** Mexican Rice Casserole & Fruit  
**Snacks**  
**A.M.** Yogurt W Fruit  
**P.M.** Apples & crackers

**B:** Buttered English Muffins & Fruit  
**L:** Pizza, Salad & Fruit  
**Snacks**  
**A.M.** Jell-O W/ Fruit  
**P.M.** Crackers W/ Cream Cheese



**Fruits served are Tropical Fruit, Fruit Cocktail, Peaches, Pears, Apples, Oranges, Bananas or Pineapples**



**Week 3: 10/30**

**B:** Frosted Flakes & Fruit  
**L:** Chicken Fried Rice, Corn & Carrots & Fruit  
**Snacks**  
**A.M.** Trail Mix W/ Fruit  
**P.M.** Vegetable Chips & Ranch Dip W/ Cheese Slices

**B:** Waffle Sticks W/ Syrup & Fruit  
**L:** Hamburger, Corn & Fruit  
**Snacks**  
**A.M.** Sopapillas w/fruit  
**P.M.** Banana Pudding/Vanilla Wafers

**B:** Hash browns, Sausage & Fruit  
**L:** Salisbury Steak, Mashed Potatoes, Carrots & Fruit  
**Snacks**  
**A.M.** Bananas & Crackers  
**P.M.** Crackers W/ Cream Cheese

**B:** Bagels W/ Cream Cheese & Fruit  
**L:** Stroganoff, Peas & Fruit  
**Snacks**  
**A.M.** Orange Slices & Apples  
**P.M.** Fruit Cup & Graham Crackers

**B:** Buttered English Muffins & Fruit  
**L:** Fish nuggets, mix veggies& Fruit  
**Snacks**  
**A.M.** Animal Crackers W/ Fruit  
**P.M.** Jell-O w/fruit

**Week 4: 11/6**

**B:** Rice Krispies & Fruit  
**L:** Steak Fingers, Brown Rice, Peas & Fruit  
**Snacks**  
**A.M.** Cinnamon Biscuits W/ Fruit  
**P.M.** Crackers & Sliced Cheese

**B:** Waffles & Fruit  
**L:** Buttered Noodles, Meatballs, Carrots & Fruit  
**Snacks**  
**A.M.** Fruit Cup W/ Graham Crackers  
**P.M.** Apples & Cheese

**B:** Scrambled Eggs & Whole Wheat Toast & Fruit  
**L:** Busy Day Hamburger Stew, Corn Bread & Fruit  
**Snacks**  
**A.M.** Animals Crackers W/ Fruit  
**P.M.** Bananas & Mixed Fruit

**B:** French Toast Sticks & Fruit  
**L:** Wheat Spaghetti w/ Meat Sauce, corn & Fruit  
**Snacks**  
**A.M.** Junior Trail Mix (Cheerios, Kix, Chocolate Chips, Raisins) W/ Fruit  
**P.M.** Cake W/ Milk

**B:** Buttered English Muffins & Fruit  
**L:** Mac & cheese w/turkey, peas & Fruit  
**Snacks**  
**A.M.** Biscuits W/ Jelly & Fruit  
**P.M.** Crackers & Ham

**Week 5: 11/13**

**B:** frosted Flakes & Fruit  
**L:** JD Casserole (Ground Beef, Peas & Corn, Brown Rice) & Fruit  
**Snacks**  
**A.M.** Chocolate Pudding & Crackers  
**P.M.** Crackers & Sliced Cheese

**B:** Cheese Toast & Fruit  
**L:** Ham & Cheese Grilled Sandwiches, Green Beans & Fruit  
**Snacks**  
**A.M.** Apples & Graham Crackers  
**P.M.** Trail Mix

**B:** Scrambled Eggs, Hash Browns & Fruit  
**L:** Thanksgiving Feast  
**Snacks**  
**A.M.** Bananas & Mixed Fruit  
**P.M.** Biscuits w/jelly

**B:** Oatmeal W/ Raisins & Fruit  
**L:** Thanksgiving Feast  
**Snacks**  
**A.M.** Veggie Chips, Ranch Dip W/ Cheese  
**P.M.** Bagels W/ Cream Cheese

**B:** Pancakes & Fruit  
**L:** Pizza, salad & Fruit  
**Snacks**  
**A.M.** Tortilla Roll-Ups  
**P.M.** Jell-O W/ Fruit



Milk and Fruit are served with every meal and water with each snack