

# PRESCHOOL/ELEMENTARY/MIDDLE MENU



OCTOBER	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b> <b>30</b>	Cheerios Cereal Pears/ Kimi Natural Milk	Brown Rice Black Beans Chicken Tender Green Beans & Zanaoria Milk	Gold Crackers Pudding (Sugar Free)
<b>TUESDAY</b> <b>1</b>	Cheese Omelett Toast Bread Milk	Beef Tacos, Soft Tortilla or Crunch Tacos Lettuce & Tomatoes (Cheddar Cheese) Apples Sauce (Cup) & Milk Brown Rice For Toddlers	Assorted Mini Muffins Milk
<b>WEDNESDAY</b> <b>2</b>	Kaiser Roll (Butter) Milk	Fish Stick Rice Brown Lentils or Garbanzo Beans Varied Fruit Milk	Assorted Crackers Juice
<b>THURSDAY</b> <b>3</b>	Raising Mini Bagel (Cream Cheese) Milk	Spaghetti with Meatballs (Sauce & Cheese) Garlic Bread Milk	Crackers Vainilla Fruit Sorbet
<b>FRIDAY</b> <b>4</b>	Pancake (Syrup) Milk	Brown Rice Red Beans Chicken Nuggets Varied Fruit (Banana) Milk	Cheese Stick Strings Rita Crackers Milk

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<b>MONDAY</b> <b>7</b>	Chex Simply Cereal Varied Fruit (Strawberry or Mandarin)		Brown Rice Black Beans Chicken Patty Assorted Vegetables Milk		Gold Crackers Pudding (Sugar Free)
<b>TUESDAY</b> <b>8</b>	Link Sausage Bread Toast Milk		Ground Beef Brown Rice Ripe Sweet Plantains Milk		Assorted Mini Muffins Milk
<b>WEDNESDAY</b> <b>9</b>	French Toast (Syrup) Milk		Fish Stick Brown Rice Split Beans Assorted Fruit (Banana) Milk		Assorted Crackers Juice
<b>THURSDAY</b> <b>10</b>	Kaiser Roll (Butter) Milk		Ground Pork Rice Brown Apple Sauce (Cup) Milk		Crackers Vainilla Fruit Sorbet
<b>FRIDAY</b> <b>11</b>	Egg Boiled/ Saltines Crackers Milk		Macaroni with Sliced Turkey (Sauce & Cheese) Garlic Bread Milk (Daycare)	Pizza Galleticas Juice (Middle/ Elementary)	Cheese Stick Strings Rita Crackers Milk

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<b>MONDAY</b> 14	Fresh Simply Cereal Fresh Apples Milk	Black Beans/ Brown Rice Fish Sticks Assorted Vegetable Assorted Fruit Milk	Assorted Crackers Varied Juice
<b>TUESDAY</b> 15	Raising Mini Bagel Cream Cheese Milk	Chicken Patty on a Bun Lettuce & Tomatoes Tater Tots or Baked Sweet Potatoes, Apple sauce (Cup) <b>Brown Rice for toddlers</b>	Goldfish crackers Yogurt Assorted
<b>WEDNESDAY</b> 16	Egg Patty/ Toast Bread Milk	Split Peas/ Garbanzo Beans Brown Rice Meatballs, Assorted Fruit (Banana), Milk	Assorted Mini Muffins Milk
<b>THURSDAY</b> 17	Waffles (Syrup) Natural Orange Natural Mandarin Milk	Ground Pork Brown Rice Ripe Sweet Plantains Milk	Chips Assorted Jell-O
<b>FRIDAY</b> 18	French Toast Sticks Milk	Spaghetti with Sliced Ham (Sauce & Cheese) Garlic Bread Milk	Crackers Cheez It Original Milk

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<b>MONDAY</b> <b>21</b>	Corn Flakes Cereal Natural Orange or Mandarin Milk	Brown Rice, Lentils, Chicken Nuggets Assorted Vegetable Milk	Lady Finger Cookies Fruit Sorbet
<b>TUESDAY</b> <b>22</b>	Waffles (Syrup) Milk	Ground Turkey Brown Rice Apple Sauce (Cup) Assorted Fruits Milk	Ritz Crackers Vanilla Pudding
<b>WEDNESDAY</b> <b>23</b>	Pancake (Syrup) Milk	Black or Red Beans Brown Rice Bread Fish Sticks Varied Fruit Milk	Bunny Graham Crackers Organic Friends Milk
<b>THURSDAY</b> <b>24</b>	Kaiser Roll (Butter) Milk	Brown Rice, Baked Chicken or Diced Chicken Varied Vegetables Milk	Assorted Mini Muffins Orange Jell-O
<b>FRIDAY</b> <b>25</b>	Rice Cereal Banana Milk	Macaroni with Meat (Sauce & Cheese) Garlic Bread Milk	Cheese Stick Strings Saltines Crackers Milk

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<b>MONDAY</b> <b>28</b>	Cheerios Cereal Pears/ Kimi Natural Milk	Brown Rice Black Beans Chicken Tender Green Beans & Zanaoria Milk	Gold Crackers Pudding (Sugar Free)
<b>TUESDAY</b> <b>29</b>	Cheese Omelett Toast Bread Milk	Beef Tacos, Soft Tortilla or Crunch Tacos Lettuce & Tomatoes (Cheddar Cheese) Apples Sauce (Cup) & Milk Brown Rice For Toddlers	Assorted Mini Muffins Milk
<b>WEDNESDAY</b> <b>30</b>	Kaiser Roll (Butter) Milk	Fish Stick Rice Brown Lentils or Garbanzo Beans Varied Fruit Milk	Assorted Crackers Juice
<b>THURSDAY</b> <b>31</b>	Raising Mini Bagel (Cream Cheese) Milk	Spaghetti with Meatballs (Sauce & Cheese) Garlic Bread Milk	Crackers Vainilla Fruit Sorbet
<b>FRIDAY</b> <b>1</b>	Pancake (Syrup) Milk	Brown Rice Red Beans Chicken Nuggets Varied Fruit (Banana) Milk	Cheese Stick Strings Rita Crackers Milk