














October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6	7	8
	<p><u>Cheerio's</u>, Watermelon, Milk</p> <p><u>Chicken Sandwich on Wheat Bun</u>, Apple slices, Peas, Milk</p> <p><u>Nutri-Grain Bars</u>, Water</p>	<p><u>Pancakes</u>, Pineapple, Milk</p> <p>Meatloaf, <u>Wheat Roll</u>, Mashed Potatoes, Green Beans, Milk</p> <p><u>Graham Crackers</u>, Applesauce, Water</p>	<p><u>Banana Bread</u>, Fruit Salad, Milk</p> <p><u>Pizza Bagels (WG Bagel)</u>, Fruit Cup, Cucumbers/Carrots, Milk</p> <p><u>Goldfish</u>, Apple Slices, Water</p>	<p><u>French Toast Sticks</u>, Mixed Berry Medley, Milk</p> <p><u>Turkey/Cheese on WG Wraps</u>, Cucumbers/Carrots, Watermelon, Milk</p> <p><u>Cheez-Its</u>, Strawberry Go-Gurt, Water</p>	<p><u>Choice of Life/Kix Cereal</u>, Banana's, Milk</p> <p><u>Sun butter and Jelly on Wheat</u>, Tater Tots, Peaches, Milk</p> <p><u>Crackers</u>, Cheese, Water</p>	
9	10	11	12	13	14	15
	<p>White Birch Closed</p> <p>Professional Development Day</p>	<p><u>Life Cereal</u>, Fruit Cocktail, Milk</p> <p><u>Hot Dogs on a Wheat Bun</u>, French Fries, Mixed Fruit, Milk</p> <p><u>Scooby Snack Grahams</u>, Apple Slices, Water</p>	<p><u>Granola</u>, Vanilla Yogurt, Mixed Berry Medley, Milk</p> <p><u>Lasagna w/ Meat Sauce, Garlic Breadstick</u>, Broccoli, Watermelon, Milk</p> <p><u>Ritz Crackers</u>, Cheese, Water</p>	<p><u>Whole Grain Bagel</u> w/ Cream Cheese, Pineapple, Milk</p> <p><u>Chicken Pot Pie</u>, Mixed Berries, Peas/Carrots, Milk</p> <p><u>Cheez-Its</u>, Applesauce, Water</p>	<p><u>Kix Cereal</u>, Cantaloupe, Milk</p> <p><u>Grilled Cheese on Wheat</u>, Butternut Squash and Apple Soup, Apple Slices, Milk</p> <p><u>Whole Grain Fig Newtons</u>, Water</p>	
16	17	18	19	20	21	22
	<p><u>Cheerio's</u>, Banana's, Milk</p> <p><u>American Chop Suey</u>, Broccoli, Applesauce, Milk</p> <p><u>Wheat Thin Crackers</u>, Cheese, Water</p>	<p><u>French Toast Sticks</u>, Watermelon, Milk</p> <p><u>Chicken Tenders</u>, Potatoes+Peas, Strawberries, Milk</p> <p><u>Cheez-Its</u>, Clementines, Water</p>	<p><u>Pancakes</u>, Honeydew Melon, Milk</p> <p><u>Grilled Chicken, Potato Gnocchi</u>, Mixed Berry Medley, Milk</p> <p><u>Goldfish</u>, Applesauce, Water</p>	<p><u>Choice of Life/Kix Cereal</u>, Pears, Milk</p> <p><u>Orange Chicken, Couscous</u>, Pineapple, Peas, Milk</p> <p>Animal Crackers, Blueberries, Water</p>	<p><u>Waffles</u>, Mixed Berry Medley, Milk</p> <p><u>Ritzv Ranch Mac and Cheese</u>, Broccoli, Apple Slices, Milk</p> <p><u>Scooby Snack Grahams</u>, Fruit Cup, Water</p>	
23	24	25	26	27	28	29
	<p><u>Banana Bread</u>, Strawberries, Milk</p> <p><u>Rigatoni Chicken Alfredo</u>, Cucumbers/Carrots, Cantaloupe, Milk</p> <p><u>Ritz Crackers</u>, Applesauce, Water</p>	<p><u>Pancakes</u>, Peaches, Milk</p> <p><u>Chicken Enchiladas on Wheat</u>, Cucumbers/Carrots, Watermelon, Milk</p> <p><u>Nutri-Grain Bars</u>, Water</p>	<p><u>French Toast Sticks</u>, Watermelon, Milk</p> <p><u>Sloppy Joe Pasta</u>, Peas, Fruit Cocktail, Milk</p> <p>Animal Crackers, Cantaloupe, Water</p>	<p><u>Cheerio's</u>, Banana's, Milk</p> <p>Chicken Stir Fry, <u>Brown Rice</u>, Broccoli, Milk</p> <p>Cucumbers/Carrots with Hummus</p>	<p><u>Choice of Life/Kix Cereal</u>, Banana's, Milk</p> <p><u>Sun Butter and Jelly on Wheat</u>, Tater Tots, Peaches, Milk</p> <p><u>Crackers</u>, Cheese, Water</p>	

HAPPY HALLOWEEN!

Breakfast: Pumpkin Muffins, Apple Slices, Milk

Lunch: Mummy Hot Dogs, Mini Pumpkins (Clementines), Skeleton Shaped Assorted Veggie Tray, Milk

Snack: Apple Monster Teeth (Apple Slices, Sun Butter, Mini Marshmallows), Water