

# October 2019

	<p>1  <b>AM:</b> blueberry muffins  <b>LUNCH:</b> homemade turkey chili with fresh onions and tomatoes, grapes, corn, milk  <b>PM:</b> Applesauce, graham crackers  <b>EVENING:</b> grapes, water</p>	<p>2  <b>AM:</b> whole wheat bagels cream cheese, water  <b>LUNCH:</b> teriyaki chicken and rice, honeydew melon, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese, water</p>	<p>3  <b>AM:</b> vanilla yogurt, granola  <b>LUNCH:</b> spaghetti with turkey meat sauce, romaine lettuce, corn, apples, milk  <b>PM:</b> cornbread, honey, milk  <b>EVENING:</b> baby carrots</p>	<p>4  <b>AM:</b> cottage cheese, bananas  <b>LUNCH:</b> bake potato bar (tomatoes, cheese, turkey bacon, butter) melon, romaine salad  <b>PM:</b> cornbread with butter and honey, milk  <b>EVENING:</b> strawberries</p>
<p>7  <b>Am:</b> pancakes, orange slices, water  <b>LUNCH:</b> homemade turkey lasagna, strawberries, fresh broccoli, milk  <b>PM:</b> Bagel pizzas  <b>EVENING:</b> apple slices, water</p>	<p>8  <b>AM:</b> vanilla yogurt, granola  <b>LUNCH:</b> homemade mac and cheese, fresh broccoli, fresh pineapple, milk  <b>PM:</b> String cheese, apple slices  <b>EVENING:</b> apple slices, water</p>	<p>8  <b>Am:</b> applesauce, graham crackers  <b>LUNCH:</b> Tuna fish sandwiches with lettuce and tomato, grapes, carrots, milk  <b>PM:</b> Chips and salsa and sour cream. Milk  <b>EVENING:</b> fresh green beans</p>	<p>10  <b>AM:</b> French toast, strawberries  <b>LUNCH:</b> Tempura chicken, yakisoba noodles, corn, grapes, milk  <b>PM:</b> string cheese, watermelon  <b>EVENING:</b> green grapes, water</p>	<p>11  <b>AM:</b> biscuits, turkey bacon  <b>LUNCH:</b> oven baked chicken, mash potatoes, grapes, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese, water</p>
<p>14  <b>AM:</b> blueberry muffins  <b>LUNCH:</b> black bean, rice, and cheese burritos (whole wheat tortillas), grapes, corn, milk  <b>PM:</b> cheddar cheese and crackers  <b>EVENING:</b> grapes, water</p>	<p>15  <b>AM:</b> biscuits and strawberries, water  <b>LUNCH:</b> Taco bar, ground turkey, fresh tomato, onion, lettuce, cheese, pinto beans, tortillas, pears, milk  <b>PM:</b> string cheese, wheat crackers  <b>EVENING:</b> cucumbers</p>	<p>16  <b>AM:</b> raisin bread, milk  <b>LUNCH:</b> spaghetti with turkey meat sauce, romaine lettuce, corn, apples, milk  <b>PM:</b> cheese bread, milk  <b>EVENING:</b> baby carrots</p>	<p>17  <b>AM:</b> life cereal, milk  <b>LUNCH:</b> homemade turkey chili, fresh onions and tomatoes, grapes, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> cucumbers</p>	<p>18  <b>AM:</b> granola and fresh berries  <b>LUNCH:</b> Tempura chicken, yakisoba noodles, honeydew, cauliflower, milk  <b>PM:</b> string cheese and pears  <b>EVENING:</b> tortilla chips</p>
<p>21  <b>AM:</b> Oatmeal, bananas  <b>LUNCH:</b> teriyaki chicken and rice, honeydew melon, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese, water</p>	<p>22  <b>AM:</b> whole wheat bagels and cream cheese, milk  <b>LUNCH:</b> ground turkey lasagna (whole wheat noodles), romaine salad, strawberries, milk  <b>PM:</b> biscuits and honey  <b>EVENING:</b> cucumber</p>	<p>23  <b>AM:</b> cinnamon toast, pears  <b>LUNCH:</b> enchilada bake with sour cream, fiesta corn, honey dew, milk  <b>PM:</b> tortilla chips with salsa and guacamole  <b>EVENING:</b> cheese slices, crackers</p>	<p>24  <b>AM:</b> French toast sticks, strawberries, water  <b>LUNCH:</b> turkey and beef meatloaf, diced potatoes, fresh berries, green beans, milk  <b>PM:</b> cheese bread, apple slices  <b>EVENING:</b> baby carrots</p>	<p>25  <b>Am:</b> cheerios, milk  <b>LUNCH:</b> grilled turkey and cheese sandwiches, tomato soup, orange slices, fresh broccoli, milk  <b>PM:</b> fresh veggies with ranch, wheat crackers, water  <b>HALLOWEEN PARTY 3-5pm</b></p>
<p>28  <b>AM:</b> raisin bran, milk  <b>LUNCH:</b> breakfast burritos (egg, turkey sausage, cheese) with sour cream and salsa, fresh melon, corn, milk  <b>PM:</b> bagels and cream cheese.  <b>EVENING:</b> pretzels,</p>	<p>29  <b>AM:</b> vanilla yogurt, granola  <b>LUNCH:</b> oven baked chicken, mash potatoes, grapes, corn, milk  <b>PM:</b> strawberries, biscuits  <b>EVENING:</b> baby carrots</p>	<p>30  <b>AM:</b> cheerios, milk  <b>LUNCH:</b> bbq chicken sliders, grapes, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese</p>	<p>31  <b>AM:</b> turkey bacon, scrambled eggs  <b>LUNCH:</b> homemade mac and cheese, sugar snap peas, honeydew, milk  <b>PM:</b> chips and guac, milk  <b>EVENING:</b> apple slices, water</p>	