

# 🍁 October 🍁

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 English Muffin, Yogurt MILK  <b>Vegetable soup, fruit, roll, MILK</b>  Fruit Cups, MILK	4 Oatmeal, Bananas, MILK  <b>Ravioli, Mixed Veggies, Fruit, MILK</b>  Goldfish, Juice	5 Waffles, Oranges, MILK  <b>Turkey Beef Nachos, Corn, Fruit, MILK</b>  Apple Slices, MILK	6 Grits, Fruit, MILK  <b>Baked Chicken, Mashed Potatoes, Mixed Veggies, MILK</b>  Graham Crackers, Juice	7 Cereal, MILK  <b>Beanies, Coleslaw, Fruit, Sweet Roll, MILK</b>  Oatmeal Cookies, MILK
10 Cheese Biscuit, Oranges, MILK  <b>Grilled Cheese, Tomato Soup, Fruit, MILK</b>  Granola Bar, Juice	11 Oatmeal, Banana, MILK  <b>Chicken Quesadilla, Corn, Fruit, MILK</b>  Cheese & Crackers, Juice	12 French Toast, berries, MILK  <b>Meatballs, Mashed Potatoes, Mixed Veggies, Roll, MILK</b>  Grapes, MILK	13 Grits, Fruit, MILK  <b>Chef Salad, Baked Potato, Fruit, Roll, MILK</b>  Crackers, Juice	14 Cereal, MILK  <b>Chicken Nuggets, FF, Celeries/Carrots, Roll, MILK</b>  Brownies, MILK
17 Bagel, Cream Cheese, OJ  <b>Sweet Potatoes, Hull Peas, Spinach, Fruit, Roll, MILK</b>  Applesauce	18 Oatmeal, Banana, MILK  <b>Grilled Chicken Sandwich, lettuce &amp; tomatoes, Tater Tots, Fruit, MILK</b>  Crackers, Juice	19 Muffins, Berries, MILK  <b>Pepper Steak, Rice, Fruit, MILK</b>  Icee Cups	20 Grits, Fruit, MILK  <b>Baked Fish, Glazed Carrots, Lima Beans, Roll, MILK</b>  Popcorn, Juice	21 Cereal, MILK  <b>Pizza, Salad, Fruit, MILK</b>  Nutrigrain Bar, MILK
24 Turkey Sausage, Toast, OJ  <b>Veggie Fried Rice, Spring Roll, Fruit, MILK</b>  Carrot Sticks, Juice	25 Oatmeal, Banana, MILK  <b>Baked BBQ Chicken, Mashed Potatoes. GB, Roll, MILK</b>  Fruit Cups	26 Pancakes, Berries, MILK  <b>Turkey Chili, Cob Corn, Cornbread, Fruit, MILK</b>  Granola Bar, MILK	27 Grits, Fruit, MILK  <b>Chicken Pot Pie, Fruit, MILK</b>  Crackers, Juice	28 Cereal, MILK  <b>Turkey &amp; Cheese Sliders, FF, Fruit, MILK</b>  Cinnamon Roll, MILK