



October 2017 Full Year

Monday October 2 Day 1	Tuesday October 3 Day 2	Wednesday October 4 Day 3	Thursday October 5 Day 4	Friday October 6 Day 5
Oatmeal ¼ cup Peaches ½ cup 1% milk ¾ cup	Biscuit ½ w/ gravy Orange Juice ½ cup 1% milk ¾ cup	Cornflakes 1/3 cup Banana ½ cup 1% milk ¾ cup	Pancakes (1) Sausage ½ Strawberries ½ cup 1% milk ¾ cup	Whole Wheat Butter Toast ½ Eggs (1) Applesauce ½ cup 1% milk ¾ cup
Cheeseburger 1oz. meat CN label ½ oz cheese on Whole Wheat bun w/lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% milk ¾ cup	Chicken Nuggets CN Label 1 ½ oz. Sweet Potato ¼ cup Vegetable Medley ¼ cup Peaches ¼ cup ½ Whole Wheat Roll 1% milk ¾ cup	Meatloaf CN Label 1 ½ oz. Mashed Potatoes ¼ Cup Green Beans ¼ cup Whole Wheat roll ½ Mandarin Oranges ¼ cup 1% milk ¾ cup	Pinto Beans 3/8 cup Macaroni & Tomatoes ¼ cup Cooked Apples ¼ cup Cornbread ½ 1% milk ¾ cup	Pizza CN Label 1 ½ oz. Salad w/ lettuce, tomato, cucumber ¼ cup Fresh Pineapples ¼ cup 1% milk ¾ cup
Cheese It Crackers ½ cup 100% Fruit Juice ½ cup Water	Vanilla Wafers ½ cup 1% milk ½ cup Water	Ritz Crackers (4) w/ cheese 100% Orange Juice Water	Banana ½ cup 1% milk ½ cup Water	Yogurt ½ cup Peaches ½ cup Water

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Center _____

Monday October 9 Day 6	Tuesday October 10 Day 7	Wednesday October 11 Day 8	Thursday October 12 Day 9	Friday October 13 Day 1
Cherrios ½ cup 100% Orange Juice ½ cup 1% milk ¾ cup	Whole Grain English Muffin ½ w/ Cheese Pineapples ½ cup 1% milk ¾ cup	Bran/Blueberry Muffin (1) Banana ½ cup 1% milk ¾ cup	Rice Krispy's ½ cup Blueberries ½ cup 1% milk ¾ cup	Oatmeal ¼ cup Peaches ½ cup 1% milk ¾ cup
Hot Dog on Whole Wheat Bun ½ bread 1 ½ oz meat Coleslaw ¼ cup Baked Beans ¼ cup Pears ¼ cup 1% milk ¾ cup	Fish Sticks CN Label 1 ½ oz. Mustard Greens ¼ cup Macaroni & Cheese ¼ cup Mixed Fruit ¼ cup 1% milk ¾ cup	Spaghetti w/meat 1 ½ oz Corn ¼ cup Whole Wheat Roll ½ Applesauce ¼ cup 1% milk ¾ cup	Steak CN Label 1 ½ oz w/gravy Peas & Carrots ¼ cup Mashed Potatoes ¼ cup Whole Wheat Roll ½ Strawberries ¼ cup 1% milk ¾ cup	Cheeseburger 1oz. meat CN label ½ oz cheese on Whole Wheat bun w/lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% milk ¾ cup
Fresh Orange ½ cup 1% milk ½ cup Water	Graham Crackers (4) 1% milk 1/2 cup Water	Saltine Crackers w/ cheese 1% milk ½ cup Water	Goldfish Crackers 100% Fruit Juice ½ cup Water	Cheese It Crackers ½ cup 100% Fruit Juice ½ cup Water

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Monday October 16 Day 2	Tuesday October 17 Day 3	Wednesday October 18 Day 4	Thursday October 19 Day 5	Friday October 20 Day 6
Biscuit ½ w/ gravy Orange Juice ½ cup 1% milk ¾ cup	Cornflakes 1/3 cup Banana ½ cup 1% milk ¾ cup	Pancakes (1) Sausage ½ Strawberries ½ cup 1% milk ¾ cup	Whole Wheat Butter Toast ½ Eggs (1) Applesauce ½ cup 1% milk ¾ cup	Cherrios ½ cup 100% Orange Juice ½ cup 1% milk ¾ cup
Chicken Nuggets CN Label 1 ½ oz. Sweet Potato ¼ cup Vegetable Medley ¼ cup Peaches ¼ cup ½ Whole Wheat Roll 1% milk ¾ cup	Meatloaf CN Label 1 ½ oz. Mashed Potatoes ¼ Cup Green Beans ¼ cup Whole Wheat roll ½ Mandarin Oranges ¼ cup 1% milk ¾ cup	Pinto Beans 3/8 cup Macaroni & Tomatoes ¼ cup Cooked Apples ¼ cup Cornbread ½ 1% milk ¾ cup	Pizza CN Label 1 ½ oz. Salad w/ lettuce, tomato, cucumber ¼ cup Fresh Pineapples ¼ cup 1% milk ¾ cup	Hot Dog on Whole Wheat Bun ½ bread 1 ½ oz meat Coleslaw ¼ cup Baked Beans ¼ cup Pears ¼ cup 1% milk ¾ cup
Vanilla Wafers ½ cup 1% milk ½ cup Water	Ritz Crackers (4) w/ cheese 100% Orange Juice Water	Banana ½ cup 1% milk ½ cup Water	Yogurt ½ cup Peaches ½ cup Water	Fresh Orange ½ cup 1% milk ½ cup Water

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Monday October 23 Day 7	Tuesday October 24 Day 8	Wednesday October 25 Day 9	Thursday October 26 Day 1	Friday October 27
Whole Grain English Muffin ½ w/ Cheese Pineapples ½ cup 1% milk ¾ cup	Bran Muffin (1) Banana ½ cup 1% milk ¾ cup	Rice Krispy's ½ cup Blueberries ½ cup 1% milk ¾ cup	Oatmeal ¼ cup Peaches ½ cup 1% milk ¾ cup	In service
Fish Sticks CN Label 1 ½ oz. Mustard Greens ¼ cup Macaroni & Cheese ¼ cup Mixed Fruit ¼ cup 1% milk ¾ cup	Spaghetti w/meat 1 ½ oz Corn ¼ cup Whole Wheat Roll ½ Applesauce ¼ cup 1% milk ¾ cup	Steak CN Label 1 ½ oz w/gravy Peas & Carrots ¼ cup Mashed Potatoes ¼ cup Whole Wheat Roll ½ Strawberries ¼ cup 1% milk ¾ cup	Cheeseburger 1oz. meat CN label ½ oz cheese on Whole Wheat bun w/lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% milk ¾ cup	In service
Graham Crackers (4) 1% milk 1/2 cup Water	Saltine Crackers w/ cheese 1% milk ½ cup Water	Goldfish Crackers 100% Fruit Juice ½ cup Water	Cheese It Crackers ½ cup 100% Fruit Juice ½ cup Water	In service

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Monday October 30 Day 2	Tuesday October 31 Day 3
Biscuit ½ w/ gravy Orange Juice ½ cup 1% milk ¾ cup	Cornflakes 1/3 cup Banana ½ cup 1% milk ¾ cup
Chicken Nuggets CN Label 1 ½ oz. Sweet Potato ¼ cup Vegetable Medley ¼ cup Peaches ¼ cup ½ Whole Wheat Roll 1% milk ¾ cup	Meatloaf CN Label 1 ½ oz. Mashed Potatoes ¼ Cup Green Beans ¼ cup Whole Wheat roll ½ Mandarin Oranges ¼ cup 1% milk ¾ cup
Vanilla Wafers ½ cup 1% milk ½ cup Water	Ritz Crackers (4) w/ cheese 100% Orange Juice Water

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