

October 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 French Bread Pepperoni Pizza Peas Mixed Fruit 1% Milk SNACK: WG Sunchips & Juice	3 Mini Chicken Tacos Corn strawberries 1% Milk SNACK: Apple Cinnamon muffin & Juice	4 WG Chicken Tenders with variety of sauces Peas Pineapple 1% Milk SNACK: Popcorn & red grapes	5 Cheeseburger on Whole Grain Buns Baked Beans Applesauce 1% Milk Pickles SNACK: Juice & WG Cheetos	6 WG Corn Dogs Tater Spuds Apple 1% Milk SNACK: WG Doritos & Fruit Cup	7
8	9 WG Sausage Pizza Corn Peaches 1% Milk SNACK: Chex mix & String Cheese	10 Hoagie with Ham & Cheese Fresh Carrots w/ranch Pineapple 1% Milk SNACK: WG Graham Crackers & Yogurt	11 WG Waffles, Sausage, Hash browns, Apple 1% Milk SNACK: Gardetto's, Peach Cup	12 Fish Sticks with tartar sauce Potato Spuds, Fruit Cup 1% Milk SNACK: String Cheese & Chex Mix	13 Hot Dogs on WG Buns Tatar Tots Mandarin Oranges 1% Milk SNACK: WG Pretzels & Banana	14
15	16 WG Chicken & Cheese Quesadilla, Salsa, SC, Corn, Peaches 1% Milk SNACK: Ritz Bits, Apple Slices	17 Alfredo with diced chicken & Whole Grain Noodles Peas Apple 1% Milk SNACK: WG Popcorn & Oranges	18 WG Pancake Bites Sausage Hash browns Orange's 1% Milk SNACK: WG Animal Crackers & Juice	19 WG Lasagna, WG Breadsticks, Green Beans, Pears, 1% Milk SNACK: WG Bug Bites, Mixed Fruit Cup	20 Pizza Sticks with Marinara Sauce Corn, Grapes 1% Milk SNACK: Juice & WG Cheetos	21
22	23 Sloppy Joes on WG Hamburger Buns, Baked Beans, Fruit Cup, 1% Milk SNACK: WG Cinnamon Grahams, Apple Slices	24 Meatball Sub on WG Hoagie Roll, Cucumbers with ranch, Mixed Fruit Cup 1% Milk SNACK: Gardetto's, Pineapple Cup	25 WG Walking Tacos with ground turkey with salsa, cheese, sour cream, corn, mandarin oranges 1% Milk SNACK: WG Cheetos, Mixed Fruit Cup	26 Chicken Breast Sandwich on WG Bun Peas Applesauce 1% Milk SNACK: Mandarin Orange & Ritz Bits	27 WG Chicken Nuggets Green Beans Apple Slices 1% Milk Pickles SNACK: Sherbet, WG Cheez It's & Juice	28
29	30 WG Rotini with meat sauce Breadsticks Fresh Carrots with Ranch Dip Oranges 1% Milk SNACK: WG Gold Fish Crackers & String Cheese	31 WG Nachos with ground turkey, sour cream, salsa Corn, Pineapple 1% Milk SNACK: WG Doritos, Apple				

