

OCTOBER MEAL PLAN

Week: 1

Date: October 6-10

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cheerios Diced Peaches Milk	Breakfast Oatmeal Sliced Pears Milk	Breakfast Waffles Bananas Milk	Breakfast Pancakes Apples Milk	Breakfast Eggs WG Toast/Jelly Pineapples Milk
A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X
Lunch Spaghetti Garlic Bread Corn on the Cob Mandarin Oranges Milk	Lunch Chicken Alfredo WG Wheat Bread Broccoli Pears Milk	Lunch Wraps Chicken Lettuce Tortillas Mixed Fruit Salad Milk	Lunch Salisbury Steak Brown Rice Mixed Vegetables Peaches Milk	Lunch Homemade Pizza Tater Tots Mixed Berries Milk
P.M Snack Whole-grain crackers Apple Juice	P.M Snack Carrot sticks Celery Ranch Dressing	P.M Snack Whole-grain banana nut muffins Orange Juice	P.M Snack Goldfish Crackers Fruit Punch Juice	P.M Snack Sliced strawberries & Yogurt Water

OCTOBER MEAL PLAN

Week: 2

Date: October 13-17

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Turkey Bacon English Muffin Applesauce Milk	Breakfast Muffin Blueberries Milk	Breakfast French Toast Bananas Milk	Breakfast Boiled Egg Crossiant Sliced Oranges Milk	Breakfast Cream of Wheat Strawberries Milk
A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X
Lunch Soft Taco Tortilla Chicken Breast Sliced Carrots Pineapples Milk	Lunch Baked chicken leg WG Wheat Bread Green beans Peaches Milk	Lunch Turkey Burger WG Hamburger Bun Lettuce/Tomato French Fries Fruit Cocktail Milk	Lunch Fish Sticks Mashed Potatoes WG wheat bread Applesauce Milk	Lunch Beef Stew Mixed Vegetables Cornbread Muffin Mandarin Oranges Milk
P.M Snack Graham crackers Apple Juice	P.M Snack Sliced cheese Wheat Thins	P.M Snack Whole-grain crackers Turkey slices	P.M Snack Pretzel Sticks Grape Juice	P.M Snack Peanut Butter Saltine crackers

OCTOBER MEAL PLAN

Week: 3

Date: October 20-24

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Hashbrowns Diced Pears Milk	Breakfast Bagel Strawberries Milk	Breakfast Cornflakes Bananas Milk	Breakfast Grits /cheese WG Wheat bread Fruit cocktail Milk	Breakfast Biscuit w/jelly Peaches Milk
A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X
Lunch Fish Fillets WG wheat bread Sweet Peas Apples Milk	Lunch Chicken Nuggets WG Wheat Bread Corn Pears Milk	Lunch Turkey Meatballs WG Wheat Bread Green beans French Fries Fruit Cocktail Milk	Lunch Tuna Salad WG wheat bread Lettuce/Tomato Applesauce Milk	Lunch Turkey Bologna w/cheese WG wheat Crackers Broccoli Mandarin Oranges Milk
P.M Snack Ritz crackers Cheese spread	P.M Snack Animal Crackers Sliced Apples	P.M Snack Fried cheese sticks Apple Juice	P.M Snack Cheese crackers Orange Juice	P.M Snack Yougurt/granola Blueberries Water

OCTOBER MEAL PLAN

Week: 4

Date: October 27-31

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Raisin Bread Cantaloupe Milk	Breakfast Grilled Cheese Mixed Fruit Milk	Breakfast Cheerios Bananas Milk	Breakfast English Muffin Eggs Applesauce Milk	Breakfast Waffles Pears Milk
A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X	A.M Snack X
Lunch Ravoli w/ meat sauce WG wheat bread carrots Sliced Oranges Milk	Lunch Sloppy Joe w/ground turkey WG Hamburger Bun Sweet Potato Fries Fruit Salad Milk	Lunch Cheese Pizza Corn Applesauce Milk	Lunch Swedish Meatballs WG wheat bread Mixed Vegetables Fruit Cocktail Milk	Lunch Beef Pasta WG wheat bread Peas Peaches Milk
P.M Snack Celery/Raisins Saltine Crackers	P.M Snack Graham Crackers Apple Juice	P.M Snack Club Crackers String Cheese	P.M Snack Goldfish Crackers Fruit Punch	P.M Snack Rice cakes Apples