


## Oct. 2018

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
1 B: WG cereal w/ milk, juice  L: Chili Mac, Crackers, Apples, Milk  Sn: PB Crackers, Milk	2 B: WG Bagel, orange slices, milk L: Chicken Patty Sand. Corn, Pears, Milk  Sn: Cheese, Crackers, Water	3 B: WG waffle, Apples, Milk  L: Breakfast Pizza, Hashbrowns, Mixed Fruit, Milk  Sn: Banana Bread, Milk	4 B: WG cereal w/ milk, banana  L: Taco Salad (Meat & Beans, Rice, Lettuce, Salsa) Trop. Mix Fruit, Milk  Sn: Graham crackers, milk	5 B: Blueberry Oatmeal Bar, Seasonal fresh fruit, milk L: Ranch Chicken, Roasted Potatoes, Roll, Apple Sauce, Milk  Sn: Apple Slices w/ PB, Milk
8 B: WG cereal w/ milk, juice  L: Tomato Soup, Toasted Cheese Sand. Apples, Milk  Sn: Graham Crackers, milk	9 B: WG English Muffins, orange slices, milk L: Bean & Cheese Quesadilla, Corn, Salsa, Peaches, Milk  Sn: Yogurt, Pretzel Goldfish, Water	10 B: WG waffle, Apples, Milk  L: Pizza Hoagie, Carrots, Apple Sauce, Milk  Sn: Chex Mix, Juice	11 B: WG cereal w/ milk, banana  L: Shells w/ Meat Sauce, Mixed Veg, Pears, Milk  Sn: Fruit, Crackers, Water	12 B: Baked Oatmeal Bar seasonal fresh fruit, milk L: Swedish Meatballs, Noodles, Green Beans, Peaches, Milk  Sn: Animal Crackers, Milk
15 B: WG cereal w/ milk, juice  L: Chicken Taco Soup, Cornbread, Pears, Milk  Sn: PB Crackers, Milk	16 B: WG Bagel, orange slices, Milk L: Baked Mac & Cheese, Peas, Apples, Milk  Sn: Cheese, Crackers, Water	17 B: WG waffle, apple slices, milk  L: Sloppy Joe Sand, Sweet Pot. Fries, Mixed Fruit, Milk  Sn: Pumpkin Bread, Milk	18 B: WG cereal w/ milk, banana  L: Turkey Lentil Stew, Rice, Peaches, Milk  Sn: Graham crackers, milk	19 B: Blueberry Oatmeal Bar, seasonal fresh fruit, milk L: Baked Potato, Sausage, Cheese, Pineapple, Milk  Sn: Apple Slices w/ PB, Milk
22 B: WG cereal w/ milk, juice  L: Hamburger Veg. Soup, Bun, Apples, Milk  Sn: Graham Crackers, Milk	23 B: WG English Muffins, orange slices, milk L: Chicken Rice Cass. Broccoli, Peaches, Milk  Sn: Yogurt, Pretzels, Water	24 B: WG waffle, apple slices, milk  L: Hot Ham & Cheese, Carrot Coins, Applesauce, Milk  Sn: Chex Mix, Juice	25 B: WG cereal w/ milk, banana  L: Chicken Orzo Soup, Cucumbers w/ Ranch, Blueberries, Milk Sn: Fruit, Crackers, Water	26 <b>DSECC Closed  In-Service Day</b>
29 B: WG cereal w/ milk, juice  L: Smoked Sausage, Roasted White & Sweet Potatoes, Roll, Apple Sauce, Milk Sn: PB Crackers, Milk	30 B: WG Bagel, orange slices, Milk L: Pizza, Spinach Salad, Mixed Fruit, Milk  Sn: Crackers, Banana, Water	31 B: WG waffle, apple slices, milk  L: Country Beef Noodle Cass. Corn, Man. Oranges, Milk  Sn: Pumpkin Bread, Milk		

\*All juice is 100% juice      \*WG=Whole Grain

\*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, Wheaties, etc.





