

October 3 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fresh Apple-1 W/G Superdonut-3 oz. Milk-8 oz.	4 Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. W/G Cinn. Toasters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	5 Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	6 Pineapple Cup-1/2 c. W/G Honey Graham Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	7 Fresh Orange-1 W/G Strawberry Pop Tart-2 Milk-8 oz.
10 Fresh Apple-1 W/G Corn Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	11 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	12 Fresh Pear-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	13 Peach Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Strawberry Pop Tart-2 Milk-8 oz.	14 Fresh Orange-1 W/G Multi Grain Cheerios Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
17 NO SCHOOL	18 Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	19 Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	20 Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	21 Fresh Apple-1 W/G Banana Muffin Flat-3.1 oz. Milk-8 oz.
24 Fresh Apple-1 W/G Trix Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	25 Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.	26 Fresh Pear-1 WG Blueberry Muffin Flat-3.1 oz. Milk-8 oz.	27 Fresh Golden Delicious Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	28 Fresh Orange-1 W/G Strawberry Pop Tart-2 Milk-8 oz.
31 Fresh Apple-1 W/G Honey Graham Toasters Cereal-1 oz. W/G Strwbrry Waffle Grahams-2 Milk-8 oz.				