

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Breakfast: Cereal or Rice Crispy Treat w/ yogurt, juice 1. Lunch: Tuna Salad Sandwich w/ snack, carrots w/ ranch dip	Breakfast: Cereal or Egg, Sausage & Cheese on English Muffin, juice 2. Lunch: 2 Stuffed Cheese Sticks w/ marinara sauce OR Assorted deli sandwich w/ baked snack, veggies w/ ranch dip
Breakfast: Cereal or Bagel w/ cream cheese, yogurt, juice 5. Lunch: Chicken Patty Sandwich OR Turkey & Cheese Sandwich, carrots w/ ranch dip, wheat thins, OR Buffalo Chicken salad with roll	Breakfast: Cereal or Muffin, yogurt, juice 6. Lunch: Grilled Cheese Sandwich OR Ham & Cheese Sandwich, baked chip, carrots w/ ranch dip OR Salad w/ grilled chicken & roll	Breakfast: Cereal or Breakfast Bar, yogurt, juice 7. Lunch: Cheeseburger OR Cheddar chicken and ranch wrap, baked chips, carrots w/ ranch dip OR Chicken Caesar Salad w/roll	Breakfast: Cereal or French Toast Sticks, yogurt, juice 8. Lunch: Grilled pork & cheese quesadilla OR Tuna Sandwich, cheese-its, broccoli w/ranch dip OR Salad w/Grilled Chicken & roll	Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice 9. Lunch: Pepperoni Pizza OR Assorted deli sandwich, baked snack, veggies w/ranch dip OR Salad w/Grilled Chicken & roll
12. COLUMBUS DAY	Breakfast: Cereal or Muffin, yogurt, juice 13. Lunch: Spicy Chicken Sandwich OR Ham & Cheese Sandwich, baked chip, carrots w/ ranch dip, OR Salad w/Grilled Chicken & roll	Breakfast: Cereal or Breakfast Bar, yogurt juice 14. Lunch: Shepherd's Pie with roll OR Cheddar chicken & ranch wrap, baked chips, carrots w ranch dip, OR Chicken Caesar Salad with roll	Breakfast: Cereal or French Toast Sticks, yogurt, juice 15. Lunch: Loaded Nachos, taco meat, salsa, sour cream, OR Tuna Sandwich, cheese-its, broccoli w/ranch dip, OR Salad w/Grilled Chicken & roll	Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice 16. Lunch: Linguica Stick Bread Pizza, OR Assorted deli sandwich, baked snack, veggies w/ranch dip OR Salad w/ Grilled Chicken & roll
Breakfast: Cereal or Bagel w/ cream cheese, yogurt, & juice 19. Lunch: Chicken Nuggets, dipping sauce, OR Turkey & Cheese Sandwich, carrots w/ ranch dip, wheat thins, OR Buffalo Chicken salad with roll	Breakfast: Cereal or Muffin, yogurt, juice 20. Lunch: B.B.Q Pork Patty Sandwich OR Ham & Cheese Sandwich, baked chip, carrots w/ ranch dip OR Salad w/Grilled chicken & roll	Breakfast: Cereal or Breakfast Bar, yogurt, juice 21. Lunch: Corn Dog or Cheddar chicken ranch wrap, baked chips, carrots w/ranch dip OR Beef & Cheese Burrito over nachos w/ salsa, sour cream OR Chicken Caesar Salad with roll	Breakfast: Cereal or French Toast Sticks, yogurt, juice 22. Lunch: Penne pasta w/meat sauce, roll, OR Tuna Sandwich, cheese-its, broccoli w/ranch dip OR Salad w/Grilled Chicken & roll	Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice 23. Lunch: Cheese Pizza OR Assorted deli sandwich, baked snack, veggies w/ ranch dip OR Salad w/Grilled Chicken & roll
Breakfast: Cereal or Bagel w/ cream cheese, yogurt, & juice 26. Lunch: Chicken Patty Sandwich OR Turkey & Cheese Sandwich, carrots w/ ranch dip, wheat thins, OR Buffalo Chicken salad with roll	Breakfast: Cereal or Muffin, yogurt, juice 27. Lunch: Bacon Cheeseburger OR Ham & Cheese Sandwich, baked chip, carrots w/ ranch dip, milk & fruit, or Salad w/Grilled chicken & roll	Breakfast: Cereal or Breakfast Bar, yogurt, juice 28. Lunch: Chicken & broccoli alfredo over pasta w/ roll OR Cheddar chicken ranch wrap, baked chips, carrots w/ranch dip, OR Chicken Caesar Salad with roll	Breakfast: Cereal or French Toast Sticks, yogurt, fruit 29. Lunch: Hot Turkey w/stuffing sandwich OR Tuna Sandwich, baked chips, broccoli w/ ranch dip OR Grilled chicken salad with roll	Breakfast: Cereal or Egg, sausage & Cheese, juice 30. Lunch: Pepperoni Pizza OR Assorted deli sandwich, baked snack, veggies w/ ranch dip OR Salad w/Grilled Chicken & roll