



# October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Banana Bread Muffins Blueberries Organic Milk	<b>2</b> Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	<b>3</b> <b>NO SCHOOL</b>	<b>4</b> <b>NO SCHOOL</b>
<b>7</b> Whole Grain French Toast Sticks Apple Sauce Organic Milk	<b>8</b> Rice Krispie Cereal Fresh Bananas Organic Milk	<b>9</b> Toasted Whole Wheat English Muffins Jelly Chilled Pears Organic Milk	<b>10</b> Corn Flakes w/Apples & Raisins Organic Milk	<b>11</b> Whole Grain Pancakes Mixed Berries Organic Milk
<b>14</b> <b>NO SCHOOL</b>	<b>15</b> Yogurt w/ Whole Grain Granola Blueberries Organic Milk	<b>16</b> Cinnamon Raisin Bread Fresh Bananas Organic Milk	<b>17</b> Banana Bread Muffins Blueberries Organic Milk	<b>18</b> Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk
<b>21</b> Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	<b>22</b> Whole Grain Pancakes Cinnamon Apples Organic Milk	<b>23</b> Yogurt w/ Whole Grain Granola Blueberries Organic Milk	<b>24</b> Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	<b>25</b> Breakfast Pizza (Toasted Whole Wheat English Muffin, Cream Cheese & Assorted Toppings) Pineapple Organic Milk
<b>28</b> Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	<b>29</b> Whole Grain French Toast Sticks Apple Sauce Organic Milk	<b>30</b> <b>NO SCHOOL</b>	<b>31</b> <b>NO SCHOOL</b>	

Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all-natural applesauce, diced fruits stored in juice (not syrup).

- This menu is subject to change due to unforeseen circumstances.



# October Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>AM</b> Sliced American Cheese and Wheat Thins <b>PM</b> Seasonal Fruit & Vanilla Wafers	2 <b>AM</b> Teddy Grahams and Diced Peaches <b>PM</b> Whole Wheat Bread w/ Apple Butter	3 <b>NO SCHOOL</b>	4 <b>NO SCHOOL</b>
7 <b>AM</b> Goldfish with Fresh Fruit <b>PM</b> Fruit and Wheat Thins	8 <b>AM</b> Vanilla Yogurt and Mandarin Oranges <b>PM</b> Cucumbers and Tortilla Chips w/Ranch Dressing	9 <b>AM</b> Trail Mix and Juice <b>PM</b> Graham Crackers and Pineapple	10 <b>AM</b> Cereal Bars and String Cheese <b>PM</b> Wheat Thins and Orange Slices	11 <b>AM</b> Pretzels and Sun Butter <b>PM</b> Corn Chex and Organic Milk
14 <b>NO SCHOOL</b>	15 <b>AM</b> Wheat Thins and Baby Carrots w/Ranch Dressing <b>PM</b> Fruit & Cheese	16 <b>AM</b> Teddy Grahams and Banana <b>PM</b> Whole Wheat Tortilla w/ Sun Butter	17 <b>AM</b> Seasonal Fruit and Wafers <b>PM</b> Goldfish and Juice	18 <b>AM</b> Applesauce and Pretzels <b>PM</b> Carrot Sticks & Pita Chips w/Ranch Dressing
21 <b>AM</b> Goldfish with Fresh Fruit <b>PM</b> Rice Krispie Treats and Orange Slices	22 <b>AM</b> Vanilla Yogurt and Pineapple <b>PM</b> Fruit and Cheese	23 <b>AM</b> Pretzels & Carrot Sticks w/ Ranch Dressing <b>PM</b> Vanilla Wafers and Fresh Fruit	24 <b>AM</b> Teddy Grahams and Diced Peaches <b>PM</b> Wheat Thins and Cucumber Slices	25 <b>AM</b> Wheat Thins and Diced Pears <b>PM</b> Whole Wheat Bread w/ Apple Butter
28 <b>AM</b> Baby Carrot Sticks & Tortilla Chips w/ Ranch Dressing <b>PM</b> Vanilla Yogurt and Wafers	29 <b>AM</b> Apple Slices, Pretzels, and Sun Butter <b>PM</b> Trail Mix and Juice	30 <b>NO SCHOOL</b>	31 <b>NO SCHOOL</b>	

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# October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Whole Grain Spanish Rice with Turkey Shredded Cheese Sour Cream Chilled Peaches Organic Milk	<b>2</b> Tomato Soup String Cheese Roll Salad w/Ranch Dressing Organic Milk	<b>3</b> <b>No School</b>	<b>4</b> <b>No School</b>
<b>7</b> Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	<b>8</b> Vegetarian Tacos: Black Beans Shredded Cheeses Lettuce Yellow Corn Sour Cream Whole Grain Tortillas Organic Milk	<b>9</b> Sandwich Roll Sliced Turkey & Cheese Lettuce Fresh Fruit Organic Milk	<b>10</b> Whole Grain Cheese Ravioli Marinara Sauce Green Beans Tossed Vegetable Salad Organic Milk	<b>11</b> Sloppy Joes (Ground Beef) Whole Grain Hot Dog Buns Broccoli Pineapple Organic Milk
<b>14</b> <b>No School</b>	<b>15</b> Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	<b>16</b> Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	<b>17</b> Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	<b>18</b> Chicken Tenders Salad w/Ranch Dressing Fresh Bananas Organic Milk
<b>21</b> Baked Fish Sticks Steamed Broccoli Whole Grain Rolls Fresh Orange Wedges Organic Milk	<b>22</b> Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	<b>23</b> Whole Grain Pancakes Chicken Sausage Apple Sauce Organic Milk	<b>24</b> Turkey Meatball Marinara Whole Grain Noodles Tossed Vegetable Salad Chilled Pears Organic Milk	<b>25</b> Breaded Chicken Patty Whole Grain Bun Peas Fresh Apple Slices Organic Milk
<b>28</b> Chicken Burger Whole Grain Bun Steamed Green Beans Chilled Peaches Organic Milk	<b>29</b> Turkey Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	<b>30</b> <b>No School</b>	<b>31</b> <b>No School</b>	

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