



October Breakfast Menu



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

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 AM Berry Animal Crackers and Diced Peaches PM Whole Wheat Bread with Apple Butter	2 NO SCHOOL	3 AM String Cheese and Pretzels PM Crackers and Orange Slices
6 AM Whole Grain Goldfish with Fresh Fruit PM Fruit and Cheddar Cheese Crackers	7 AM Vanilla Yogurt and Mandarin Orange PM Cucumbers with Ranch Dressing and Crackers	8 AM Trail Mix PM Graham Crackers and Pineapple	9 AM Crackers and String Cheese PM Cheddar Cheese Crackers and Orange Slices	10 AM Pretzels and Sun Butter PM Corn Chex and Organic Milk
13 NO SCHOOL	14 AM Seasonal Fruit and Berry Animal Crackers PM Whole Grain Goldfish	15 AM Sweet Potato Crackers and Banana PM Whole Wheat Tortilla with Sun Butter	16 AM Cheddar Cheese Crackers and Carrots w/Ranch Dressing PM Fruit and Cheese	17 AM Applesauce and Pretzels PM Carrots and Crackers w/ Ranch Dressing
20 NO SCHOOL	21 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese	22 AM Berry Animal Crackers and Diced Peaches PM Cheddar Cheese Crackers and Cucumber Slices	23 AM Pretzels & Carrots w/ Ranch Dressing PM Sweet potato Crackers and Fresh Fruit	24 AM Cheddar Cheese Crackers and Diced Pears PM Whole Wheat Bread with Apple Butter
27 AM Carrots with Ranch Dressing and Crackers PM Berry Animal Crackers and Yogurt	28 AM Apple Slices, Pretzels, and Sun Butter PM Trail Mix	29 AM Cheddar Cheese and Diced Pears PM Carrots and Crackers with Ranch Dressing	30 AM Toastio cereal and Organic Milk PM Bagel w/ Cream Cheese & Jelly	31 NO SCHOOL

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October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tomato Soup Rolls String Cheese Salad w/ Ranch Dressing Organic Milk	2 NO SCHOOL	3 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk
6 Lightly Breaded Chicken Nuggets Baked Potato Wedges Chilled Peaches Organic Milk	7 Vegetarian Taco: Black Beans Shredded Cheese Lettuce Yellow Corn Sour Cream Whole Grain Tortillas Organic Milk	8 Sandwich Roll Sliced Turkey & Cheese Lettuce Fresh Fruit Organic Milk	9 Cheese Ravioli Marinara Sauce Green Beans Tossed Vegetable Salad Organic Milk	10 Grilled Chicken Penne Pasta Alfredo Sauce Parmesan Cheese Broccoli Fresh Apple Slices Organic Milk
13 NO SCHOOL	14 Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	15 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	16 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	17 Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk
20 NO SCHOOL	21 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk	22 Whole Grain Pancakes Turkey Sausage Apple Sauce Organic Milk	23 Chicken Meatballs Marinara Noodles Tossed Vegetable Salad Chilled Pears Organic Milk	24 Breaded Chicken Patty Whole Grain Bun Peas Fresh Apple Slices Organic Milk
27 Chicken Burger Whole Grain Bun Steamed Green Beans Chilled Peaches Organic Milk	28 Turkey Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	29 Chicken Tenders Salad w/Ranch Dressing Fresh Bananas Organic Milk	30 Chicken Swedish Meatballs Egg Noodles Green Peas Fresh Orange Wedges Organic Milk	31 NO SCHOOL

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