

October Breakfast Menu

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

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 Cheese and Pears PM Cheese Crackers and Orange Slices	2 AM Tortilla and Sun Butter PM Corn Chex and Organic Milk
5 AM Corn Chex Cereal and Orange slices PM Bagel w/ Cream Cheese & Jelly	6 AM Seasonal Fruit and Berry Animal Crackers PM Whole Grain Goldfish	7 AM Sweet Potato Crackers and Banana PM Whole Wheat Tortilla with Sun Butter	8 AM Cheddar Cheese Crackers and Carrots w/Ranch Dressing PM Fruit and Cheese	9 AM Hummus and Carrots PM Carrots and Crackers w/ Ranch Dressing
12 NO SCHOOL	13 AM Vanilla Yogurt and Pineapple PM Fruit and Cheese	14 AM Berry Animal Crackers and Diced Peaches PM Cheddar Cheese Crackers and Cucumber Slices	15 AM Saltine Crackers and Cheese PM Crackers & Carrots w/ Ranch Dressing	16 AM Cheddar Cheese Crackers and Diced Pears PM Whole Wheat Bread with Apple Butter
19 AM Carrots with Ranch Dressing and Crackers PM Berry Animal Crackers and Yogurt	20 AM Tortilla and Sun Butter PM Trail Mix	21 AM Cheddar Cheese Crackers and Diced Pears PM Carrots and Crackers with Ranch Dressing	22 AM Cheerios cereal and Organic Milk PM Bagel w/ Cream Cheese & Jelly	23 AM Orange Slices and Ritz Crackers PM Fruit and Cheese
26 AM Bagel w/Cream Cheese & Jelly PM Graham Crackers and Applesauce	27 AM Sliced Cheese and Ritz Crackers PM Seasonal Fruit and Sweet Potato Crackers	28 AM Berry Animal Crackers and Diced Peaches PM Whole Wheat Bread with Apple Butter	29 AM Vanilla Yogurt and Pineapple PM Crackers and Applesauce	30 AM Cheese and Saltines PM Crackers and Orange Slices

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October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Macaroni and Cheese Green Beans Tossed Vegetable Salad Organic Milk	2 Grilled Chicken Penne Pasta Alfredo Sauce Parmesan Cheese Broccoli Fresh Apple Slices Organic Milk
5 Cheeseburger Whole Grain Bun Tater Tots Fresh Fruit Organic Milk	6 Whole Grain French Toast Turkey Sausage Pineapple Organic Milk	7 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	8 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	9 Cheese Ravioli Salad with Ranch Dressing Fresh Bananas Organic Milk
12 NO SCHOOL	13 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk	14 Whole Grain Pancakes Turkey Sausage Apple Sauce Organic Milk	15 Chicken Meatball Marinara Noodles Tossed Vegetable Salad Chilled Pears Organic Milk	16 Grilled Chicken Whole Grain Bun Peas Fresh Apple Slices Organic Milk
19 Chicken Burger Whole Grain Bun Steamed Green Beans Chilled Peaches Organic Milk	20 Turkey Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	21 Cheese Ravioli Salad w/Ranch Dressing Fresh Bananas Organic Milk	22 Swedish Meatballs Chicken Meatballs Cream of Mushrooms Egg Noodles Green Peas Fresh Orange Wedges Organic Milk	23 Beef Sloppy Joe Hot Dog Bun Broccoli Pineapple Organic Milk
26 Macaroni and Cheese Steamed Broccoli Diced Pears Organic Milk	27 Spanish Rice with Ground Turkey and Shredded Cheese Sour Cream Chilled Peaches Organic Milk	28 Tomato Soup Rolls String Cheese Salad w/ Ranch Dressing Organic Milk	29 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	30 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk

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