

October Menu - Ft. Myers

	Breakfast	Lunch	3:30 Snack
Monday, 10/2	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Butter Peas, Oranges & Milk	Cheese Cubes & Snack Mix
Tuesday, 10/3	Cereal, Peaches & Milk	BBQ Chicken Sliders, Peas, Pears & Milk	Apple Slices & Gold Fish Crackers
Wednesday, 10/4	Biscuit, Fruit & Milk	Taco Quesadilla, Green Beans, Mixed Fruit & Milk	Sliced Oranges & Pretzels (Todds - Pirates Booty)
Thursday, 10/5	Blueberry Muffin, Banana & Milk	Spaghetti w/Meat Sauce, Green Beans, Apples & Milk	Cheese & Whole Wheat Crackers
Friday, 10/6	Cereal, Pears & Milk	Pot Roast w/ Brown Rice or Noodles & Vegetables, Mandarin Oranges & Milk	Whole Grain Cheerios & Vanilla Yogurt
Monday, 10/9	Waffles, Applesauce & Milk	Tex-Mex Chicken & Rice, Oranges & Milk	Raisins & Veggie Straws
Tuesday, 10/10	Cereal, Peaches & Milk	Chicken Nuggets, Tater Tots, Pineapple & Milk	Fresh Fruit & Gold Fish Crackers
Wednesday, 10/11	French Toast, Pears & Milk	Taco Quesadilla, Green Beans, Mixed Fruit & Milk	Sliced Apples & Snack Mix
Thursday, 10/12	Biscuit, Peaches & Milk	Chicken Spaghetti, Peas, Pears & Milk	Sliced Oranges & Animal Crackers
Friday, 10/13	Banana Muffin, Apples & Milk	Grilled Cheese Sandwich, Broccoli, Pears & Milk	Vanilla Yogurt & Pretzels (Todds - Pirates Booty)
Monday, 10/16	Cereal, Peaches & Milk	BBQ Chicken w/Brown Rice, Peas, Pineapple & Milk	Fresh Fruit & Whole Wheat Crackers
Tuesday, 10/17	Cereal, Applesauce & Milk	Chicken Sliders, Green Beans, Mandarin Oranges & Milk	Rice Cereal w/ Craisins
Wednesday, 10/18	Cheese Biscuits, Apples & Milk	Sloppy Joe's, Butter Peas, Peaches & Milk	Fresh Fruit & Gold Fish
Thursday, 10/19	Pancakes, Mandarin Oranges & Milk	Chicken Nuggets, Green Beans, Pineapple & Milk	Banana & Whole Grain Cheerios
Friday, 10/20	Blueberry Muffin, Banana & Milk	Spaghetti w/Meat Sauce, Broccoli, Apples & Milk	Cheese Cubes & Snack Mix
Monday, 10/23	Pancakes, Peaches & Milk	Whole Wheat Cheese Quesadillas, Peas and Carrots, Pears & Milk	Sliced Oranges & Animal Crackers
Tuesday, 10/24	Cereal, Pears & Milk	Chicken and Sausage Paella, Butter Peas, Apples & Milk	Fresh Fruit & Pretzels (Todds - Pirates Booty)
Wednesday, 10/25	Biscuit, Peaches & Milk	Turkey & Cheese Sandwich, Green Beans, Mixed Fruit & Milk	Raisins & Veggie Straws
Thursday, 10/26	Waffles, Pears & Milk	Baked Chopped Steak, Mashed Potatoes, Purple Hull Peas, Apples & Milk	Rice Cereal w/ Craisins
Friday, 10/27	Blueberry Muffin, Banana & Milk	Turkey Chili w/Saltines, Pineapple & Milk	Cheese Cubes & Snack Mix
Monday, 10/30	French Toast, Pineapple & Milk	Meatballs w/ Brown Rice, Butter Peas, Oranges & Milk	Apple Slices & Gold Fish Crackers
Tuesday, 10/31	Oatmeal, Peaches & Milk	BBQ Chicken Sliders, Green Beans, Pears & Milk	Fall Parties



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