

# October Menu - Ft. Myers

	<b>Breakfast</b>	<b>Lunch</b>	<b>3:30 Snack</b>
Thursday, October 1	Blueberry Muffin, Banana & Milk	Hamburger Sliders, Tater Tots, Mandarin Oranges & Milk	Yogurt & Pretzels
Friday, October 2	French Toast, Pineapple & Milk	Nuggets, Mashed Potatoes, Pears & Milk	Graham Crackers & Applesauce
Monday, October 5	Cereal , Applesauce & Milk	Chicken Spaghetti, Butter Peas, Mandarin Oranges & Milk	Yogurt & Vanilla Wafers
Tuesday, October 6	Waffles, Fruit & Milk	Chicken LoMein with Peas & Carrots, Pineapple & Milk	Saltine Crackers & Sliced Cheese
Wednesday, October 7	Applesauce Muffins, Pears & Milk	Chicken Sliders, Baked Sweet Potato Fries, Mandarin Oranges & Milk	Fruit & Goldfish
Thursday, October 8	NutriGrain Bar, Peaches & Milk	Nuggets, Mashed Potatoes, Pineapple & Milk	Graham Crackers & Applesauce
Friday, October 9	Cinnamon Raisin Biscuit, Banana & Milk	Cheese Pizza, Green Beans, Pears & Milk	Animal Crackers & Craisins
Monday, October 12	Cereal, Applesauce & Milk	Ham and Cheese Sandwich, Mandarin Oranges & Milk	Goldfish & Raisins
Tuesday, October 13	French Toast, Peaches & Milk	Whole Wheat Spaghetti & Meatballs, Green Beans, Pineapple & Milk	Saltine Crackers & Sliced Cheese
Wednesday, October 14	Blueberry Muffins, Pears & Milk	Tacos with Ground Turkey, Peas & Carrots, Mandarin Oranges & Milk	Fruit & Veggie Straws
Thursday, October 15	Pancakes, Pineapple & Milk	Hamburger Sliders, Tater Tots, Pears & Milk	Yogurt & Pretzels
Friday, October 16	Cheese Biscuits, Banana & Milk	BBQ Chicken with Brown Rice, Butter Peas, Mandarin Oranges & Milk	Animal Crackers & Craisins
Monday, October 19	Cereal, Pineapple & Milk	Chicken Parmesan Pasta Bake, Green Beans, Pears & Milk	Graham Crackers & Applesauce
Tuesday, October 20	Waffles, Fruit & Milk	Brunch For Lunch: Pancakes & Turkey Sausage, Mandarin Oranges & Milk	Veggies Straws & Raisins
Wednesday, October 21	Cinnamon Raisin Biscuit, Peaches & Milk	Tex Mex Chicken & Brown Rice, Butter Peas, Pineapple & Milk	Yogurt & Vanilla Wafers
Thursday, October 22	NutriGrain Bar, Banana & Milk	Chicken Sliders, Baked Sweet Potato Fries, Pears & Milk	Goldfish & Raisins
Friday, October 23	Applesauce Muffins, Mandarin Oranges & Milk	Meatballs & Brown Rice, Broccoli, Pineapple & Milk	Saltine Crackers & Sliced Cheese
Monday, October 26	Cereal, Pears & Milk	Chicken Spaghetti, Mandarin Oranges, Green Beans & Milk	Graham Crackers & Applesauce
Tuesday, October 27	French Toast, Pineapple & Milk	BBQ Chicken w/ Brown Rice, Butter Peas, Peaches & Milk	Saltine Crackers & Sliced Cheese
Wednesday, October 28	Cheese Biscuit, Mandarin Oranges & Milk	Hamburger Sliders, Tater Tots, Pears & Milk	Fruit & Veggie Straws
Thursday, October 29	Blueberry Muffins, Banana & Milk	Brunch For Lunch: Pancakes, Turkey Sausage, Pineapple & Milk	Yogurt & Pretzels
Friday, October 30	Waffles, Mandarin Oranges & Milk	Tacos with Ground Turkey, Peas & Carrots, Pears & Milk	Goldfish & Raisins