

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p><u>BREAKFAST:</u> Peaches English Muffin (Margarine & Jelly) Scrambled Egg Milk</p> <p><u>LUNCH:</u> BBQ Chicken Brown Rice Red Beans Plantains Fruits & Milk</p> <p><u>SNACK:</u> Pineapple Yogurt</p>	<p><u>BREAKFAST:</u> Orange Wedges Waffles w/Syrup Milk</p> <p><u>LUNCH:</u> Cuban Sandwich Mayo & Mustard Baked Sweet Potato Fries Tossed Salad (Ranch) Apple Slices & Milk</p> <p><u>SNACK:</u> Oatmeal Cookie Milk</p>
5	6	7	8	9
<p><u>BREAKFAST:</u> Juice Cereal Fresh Fruit Milk</p> <p><u>LUNCH:</u> Chicken Fettuccine Alfredo Garlic Roll Ceasar Salad w/tomatoes Fruits Cocktail & Milk</p> <p><u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Fruit Whole Grain Raisin Bread Milk</p> <p><u>LUNCH:</u> Shredded Beef Brown Rice Black Bean Mix Vegetables Fruits & Milk</p> <p><u>SNACK:</u> Whole Grain Soft Tortilla Shredded Cheese</p>	<p><u>BREAKFAST:</u> Seasonal Fresh Fruit Waffles Milk</p> <p><u>LUNCH:</u> Chicken Fajitas w/sour cream WW Flour Tortilla Shredded cheese Onion & Peppers Corn Fruits & Milk</p> <p><u>SNACK:</u> Animal Crackers Peaches</p>	<p><u>BREAKFAST:</u> Fruits Pancakes Milk</p> <p><u>LUNCH:</u> Spaghetti & Meat Sauce WG Garlic Bread Green Salad & tomatoes <i>Low-fat Ranch Dressing</i> Fruits & Milk</p> <p><u>SNACK:</u> Granola Bar (no peanuts) Milk</p>	<p><u>BREAKFAST:</u> Fruits Breakfast Burrito Milk</p> <p><u>LUNCH:</u> Fish Sticks <i>Ketchup</i> Brown Rice Green Peas Fruits & Milk</p> <p><u>SNACK:</u> Fruits Assorted Crackers</p>
12	13	14	15	16
<p><u>BREAKFAST:</u> Fruit Cocktail Cereal Milk</p> <p><u>LUNCH:</u> Roasted Pork Whole Grain Roll Sweet Potatoes Fries Mashed Potatoes Mixed Vegetables Fruit & Milk</p> <p><u>SNACK:</u> Yogurt Peaches</p>	<p><u>BREAKFAST:</u> Applesauce WW Blueberry Muffin Milk</p> <p><u>LUNCH:</u> Chicken Strips Brown Rice Salad Corn Fruits & Milk</p> <p><u>SNACK:</u> Cookies Milk</p>	<p><u>BREAKFAST:</u> Seasonal Fruit Cheese Toast Milk</p> <p><u>LUNCH:</u> Picadillo (Beef) WG Roll Congri Green Peas Seasonal Fruits & Milk</p> <p><u>SNACK:</u> Juice Fish Crackers</p>	<p><u>BREAKFAST:</u> Grape Juice English Muffin cream cheese/Jelly Fruit Milk</p> <p><u>LUNCH:</u> Baked Chicken Brown Rice Broccoli Fruits Milk</p> <p><u>SNACK:</u> Animal Crackers Pears</p>	<p><u>BREAKFAST:</u> Banana Boiled Eggs WG Toast & Milk</p> <p><u>LUNCH:</u> Cheeseburger Lettuce and Tomato Mustard, Mayo, Ketchup Carrots & Green Beans Fruit Salad & Milk</p> <p><u>SNACK:</u> Milk Assorted WG Crackers</p>

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p><u>BREAKFAST:</u> Juice & Fruits Cereal Milk</p> <p><u>LUNCH:</u> Roasted Turkey Gravy Whole Wheat Roll Mashed Potatoes Peas & Carrots Tropical Mixed Fruit Milk</p> <p><u>SNACK:</u> Assorted Crackers Pears</p>	<p><u>BREAKFAST:</u> Fruits Whole Grain Bagel Cream Cheese Milk</p> <p><u>LUNCH:</u> Sloppy Joe on WG Bread Roll Roasted Corn Salad Fruits</p> <p><u>SNACK:</u> Yogurt Pineapple Tidbits</p>	<p><u>BREAKFAST:</u> Fruits WW Banana Bread Cereal Milk</p> <p><u>LUNCH:</u> Beef Ravioli Garlic Bread Spinach Fruit Milk</p> <p><u>SNACK:</u> Plain Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Banana Waffles Syrup Milk</p> <p><u>LUNCH:</u> Cuban Stew Moro Mixed Vegetables Fruit Salad Milk</p> <p><u>SNACK:</u> Tortilla w/Cheese Milk</p>	<p><u>BREAKFAST:</u> Fruits Egg and Cheese on Whole Grain Sandwich Milk</p> <p><u>LUNCH:</u> Pizza Tossed Salad w/Carrots Fruit Salad Milk</p> <p><u>SNACK:</u> Banana Bread Juice</p>
26	27	28	29	30
<p><u>BREAKFAST:</u> Fruits Cereal Milk</p> <p><u>LUNCH:</u> Chicken Enchilada WG Bread Brown Rice Green Peas & Corn Fruits Milk</p> <p><u>SNACK:</u> Animal Crackers Applesauce</p>	<p><u>BREAKFAST:</u> Fruits Cinnamon Raisin Bagel w/cream cheese Milk</p> <p><u>LUNCH:</u> Beefaroni Garlic Bread Spinach Salad Fruit Milk</p> <p><u>SNACK:</u> Cheese Toast Milk</p>	<p><u>BREAKFAST:</u> Fruits Whole Wheat Cheese Toast Milk</p> <p><u>LUNCH:</u> Picadillo (Turkey) Congri WG Bread Sliced Tomatoes Fruits Milk</p> <p><u>SNACK:</u> Cookies Milk</p>	<p><u>BREAKFAST:</u> Fruits French Toast Milk</p> <p><u>LUNCH:</u> Breaded Fish Whole Grain Roll Mashed Potato Mixed Vegetables Fruit & Milk</p> <p><u>SNACK:</u> Banana Assorted Crackers</p>	