

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Raisin Toast, 5 Oranges</p> <p>Roasted Chicken, Rice Corn, Beans, Milk</p> <p>Apples, Pita & Pea Butter</p>	<p>Cheerios, milk 6 berries</p> <p>Spaghetti, meat sauce, Garlic Bread, cucumber slices, milk</p> <p>Trail mix, oranges</p>	<p>Toasted Bagels, 7 plums</p> <p>Turkey, Stuffing, Potatoes, green beans, gravy, cranberries, milk</p> <p>Melba toast & Cream Cheese, Apples</p>	<p>Yogurt, Granola 8</p> <p>Broccoli/cheese quiche, cooked Carrots, roasted sweet potatoes, milk</p> <p>Oatmeal Cranberry Cookies, pears</p>	<p>Oatmeal, apples & 9 raisins</p> <p>Taco Bake, Rice, Peas, Raw peppers, Salsa, Milk</p> <p>Cheese, Mary's crackers, Melon</p>
<p>Closed for Thanksgiving</p>	<p>Avocados, Raisin 13 Toast</p> <p>Chicken/veggie Quesadillas, Rice, Peas, Salsa, Milk</p> <p>Apple Sauce & granola</p>	<p>Pumpkin Muffins 14 Orange Slices</p> <p>Salmon nuggets, rice, peas, corn, milk</p> <p>Pita, Cream Cheese, Cucumber</p>	<p>Eggs, English 15 Muffins</p> <p>Chicken/Veggie/Noodle Soup, Mini Deluxe Pizza, Milk</p> <p>Triscuits, Pears</p>	<p>Bananas, Mini 16 Wheats</p> <p>Meatloaf, Macaroni & cheese, peas, raw peppers, milk</p> <p>Plums, Nann bread & Pea butter</p>
<p>English muffins, 19 Oranges</p> <p>Tomato /macaroni soup, grilled cheese sandwiches, raw veggies, milk</p> <p>Graham wafers & apples</p>	<p>Oatmeal Apple & 20 Raisins</p> <p>Meatballs, rice, corn, peas, milk</p> <p>Wow Butter/ bananas Wraps</p>	<p>Fruit Yogurt & 21 Granola</p> <p>Roasted chicken, mixed veggies, raw beans, Pasta Parm, milk</p> <p>Apple Sauce & Graham wafers</p>	<p>Berries, bagels & 22 Cream cheese</p> <p>Veggie/cheese quiche, roasted sweet potatoes, cooked carrots Milk</p> <p>Crackers, cheese, raw veggies</p>	<p>Raisin toast, Apples 23</p> <p>Chili, peppers, garlic bread, milk</p> <p>Apple crisp & ice cream</p>
<p>Eggs, Rye Toast 26</p> <p>Chicken/veggie Quesadillas, Rice, Corn, Salsa, Milk</p> <p>Pita, hummus, tomatoes & cucumber</p>	<p>Melba toast, 27 Cream Cheese avocado</p> <p>Turkey/veggie/Rice soup, sandwiches, raw veggies, milk</p> <p>Pumpkin Loaf, Apples</p>	<p>Fruit fiesta, corn 28 flakes</p> <p>Lasagna, Salad, Garlic Bread, Milk</p> <p>Rice cakes, wow butter, pears</p>	<p>English Muffins, 29 Cheese Chunks, apples</p> <p>Salmon nuggets, peas, corn, milk</p> <p>Bread Sticks, cucumbers</p>	<p>Rice Crispies milk, 30bananas</p> <p>Broccoli & Cheese Quiche, Roasted Potatoes & Carrots, Milk</p>