

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Raisin Toast, 4 Oranges</p> <p>Roasted Chicken, Rice, Corn, Beans, Milk</p> <p>Apples, Pita &amp; Pea Butter</p>	<p>Cheerios, milk 5 berries</p> <p>Spaghetti, meat sauce, Garlic Bread, cucumber slices, milk</p> <p>Trail mix, oranges</p>	<p>Toasted Bagels, 6 plums</p> <p>Broccoli/cheese quiche, Roasted Carrots &amp; sweet potatoes, milk <i>Toddlers meatballs Bread, roasted carrots &amp; sweet potatoes</i></p> <p>Melba toast &amp; Cream Cheese, Apples</p>	<p>Yogurt, Granola 7</p> <p>Turkey, Stuffing, Potatoes, green beans, gravy, cranberries, milk</p> <p>Pumpkin Pie, &amp; fruit <i>Toddlers Arrowroot not pumpkin pie</i></p>	<p>Oatmeal, apples &amp; 8 raisins</p> <p>Taco Bake, Rice, Peas, Raw peppers, Salsa, Milk</p> <p>Cheese, Mary's crackers/triscuits, Melon</p>
<p>Closed for Thanksgiving</p>	<p>Avocados, Raisin 12 Toast</p> <p>Chicken/veggie Quesadillas, Rice, Peas, Salsa, Milk</p> <p>Apple Sauce &amp; granola</p>	<p>Pumpkin Muffins 13 Orange Slices <i>Toddlers -raisin toast</i></p> <p>Salmon nuggets, rice, peas, corn, milk</p> <p>Pita, Cream Cheese, Cucumber</p>	<p>Eggs, English 14 Muffins <i>Toddlers berries no egg</i></p> <p>Chicken/Veggie/Noodle Soup, Mini Deluxe Pizza, Milk</p> <p>Triscuits, Pears</p>	<p>Plums, Mini 15 Wheats</p> <p>Meatloaf, Macaroni &amp; cheese, peas, raw peppers, milk</p> <p>Bananas, Nann bread &amp; Pea butter <i>Toddlers Pita Bread</i></p>
<p>English muffins, 18 Oranges</p> <p>Tomato /macaroni soup, grilled cheese sandwiches, raw veggies, milk</p> <p>Graham wafers &amp; apples</p>	<p>Oatmeal Apple &amp; 19 Raisins</p> <p>Shepherd's Pie, Broccoli, Buns, milk</p> <p>Wow Butter/ bananas Wraps</p>	<p>Fruit Yogurt &amp; 20 Granola</p> <p>Roasted chicken, mixed veggies, raw beans, Pasta Alfrado, milk</p> <p>Crackers, cheese, raw veggies</p>	<p>Berries, bagels &amp; 21 Cream cheese</p> <p>Ham &amp; cheese quiche, roasted carrots &amp; potatoes, Milk <i>Toddlers Baked Ham &amp; Cheese Pitas, roasted carrots &amp; potatoes</i></p> <p>Apple Sauce &amp; Graham wafers</p>	<p>Raisin toast, Apples 22</p> <p>Chili, peppers, garlic bread, milk</p> <p>Oatmeal Cranberry Cookies, pears <i>Toddlers -arrowroots</i></p>
<p>Eggs, Rye Toast 23 <i>Toddlers Pea butter for eggs</i></p> <p>Chicken/veggie Quesadillas, Rice, Corn, Salsa, Milk</p> <p>Pita, hummus, tomatoes &amp; cucumber</p>	<p>Melba toast, 24 Cream Cheese avocado</p> <p>Turkey/veggie/Rice soup, mini deluxe pizzas, milk</p> <p>Apple crisp &amp; ice cream</p>	<p>Fruit fiesta, corn 25 flakes</p> <p>Lasagna, Salad, Garlic Bread, Milk</p> <p>Rice cakes, wow butter, pears</p>	<p>English Muffins, 26 Cheese Chunks, apples</p> <p>Salmon Nuggets, Macaroni &amp; cheese peas, Raw Peppers, milk</p> <p>Yogurt Tubes &amp; graham wafers</p>	<p>Rice Crispies milk, 27 bananas</p> <p>Chicken Parmesan, raw green beans, Rice Pilaf Milk</p> <p>Cantaloupe &amp; Trisuits</p>