



Week 5		October 1 Yogurt Parfait with Granola & Peaches <small>Alt: Cereal</small> Chicken Casserole with WG Rice Green Beans & Pineapple WG Banana Oatmeal Round & Milk	2 WG Banana Muffin & Banana <small>Alt: EF Bagel</small> Ham & Cheese Sandwich on WG Bread, Celery Sticks with Ranch & Peaches Tortilla Chips with Salsa <small>Under 2: Ritz Cracke</small>	3 WG Blueberry Pancakes w/Maple Syrup & Applesauce <small>Alt: DF Waffle</small> Pizza Bake with WG Pasta Steamed Cauliflower & Mandarin Oranges Apple Slices with Caramel <small>Under 2 Apple Chippers</small>	4 Cheerios & Banana Popcorn Chicken, Steamed Corn Watermelon & WG Dinner Roll WG Goldfish Cracker 100% Apple Juice <small>Under 1: No Juice</small>		
	Week 1	7 Coco Puffs & Applesauce BBQ Sliders on WG Dinner Roll Sweet Potato Fries & Cantaloupe Strawberry Chex Mix & Milk	8 WG Pancakes with Maple Syrup & Pears <small>Alt: DF, GF Pancake</small> WG Cheese Quesadilla, Carrot Sticks & Strawberries <small>Under 2: Steamed Carrots</small> WG Sunchips & String Cheese <small>Under 2: Ritz</small>	9 WG Blueberry Bread & Banana <small>Alt: Bagel</small> Cheesy Chicken Pasta WG Breadstick, Mixed Vegetables & Tropical Fruit <small>Alt: Pasta, Diced Chicken</small> Goldfish Snack Mix & Milk	10 Blueberry Parfait with Granola & Blueberries <small>Alt: Bagel</small> Turkey & Cheese on WG Bread Cucumber Slices with Ranch & Pineapple <small>Under 2: Steamed Peas</small> Pita Bread with Cucumber Dip & Milk	11 Cinnamon Toast Crunch & Banana WG Corndogs with Ketchup Steamed Carrots, Orange Slices & WG Dinner Roll <small>Under 2: Pears / Alt: Chicken Strips</small> Animal Crackers & Applesauce	
		Week 2	14 Trix Cereal & Blueberries WG Cheese Pizza Green Beans & Apple Slices <small>Under 2 Apple Sauce / Alt: DF Pizza</small> Graham Crackers & Cantaloupe <small>Under 2 Diced</small>	15 WG Pancake Bites with Maple Syrup & Applesauce <small>Alt: DF EF Waffle</small> Beef Tacos with WG Tortilla Steamed Peas & Fresh Raspberries <small>Taco: Cheese, Sour Cream, Lettuce Alt: Lettuce, Taco Sauce</small> Apple Slices & Cheese Cubes <small>Under 2: Apple Sauce & String Cheese</small>	16 WG Blueberry Muffin & Banana <small>Alt: GF, EF Muffin</small> Chicken Patty on WG Bun with Mayo, Tator Tots & Pineapple Bug Bites & Clementine <small>Under 2: Apple Chippers</small>	17 WG Biscuit with Jelly & Blueberries WG Cheese Pizza, Green Beans & Tropical Fruit Cheddar Snack Mix 100% Apple Juice <small>Under 1: No Juice</small>	18 Cheerios & Banana WG Chicken Nuggets with BBQ Sauce, Carrot Sticks with Ranch & Pears <small>Under 2: Steamed Veggie</small> Cheddar Snack Mix <small>Alt: Giant Goldfish</small> 100% Apple Juice <small>Under 1: No Juice</small>
			Week 3	21 Cinnamon Toast Cereal & Pears Meatballs & Gravy Over WG Pasta Steamed Corn & Pineapple Ritz Crackers, Taco Dip & Milk	22 WG Blueberry Waffle & Apple Slices <small>Alt: EF Waffle</small> Bosco Sticks with Marinara Steamed Peas & Fruit Cocktail WG Cinnamon Oatmeal Round & Milk	23 WG Apple Muffin & Banana <small>Alt: Cereal</small> Chef Salad with WG Breadstick & Watermelon <small>Chef Salad: Lettuce, Cheese, Diced Ham, Bacon Bits, French Dressing Alt: No Cheese / Under 2: Green Beans</small> Cottage Cheese & Peaches <small>Alt: Giant Goldfish</small>	24 WG Bagel with Cream Cheese & Strawberries <small>Alt: EF Bagel</small> Salisbury Steak, Mashed Potatoes Applesauce & WG Dinner Roll <small>Alt: Chicken Patty, Carrots</small> Chez Its & Milk <small>Alt: Plain Cereal Mix</small>
Week 4				28 Rice Crispy Cereal & Pears Mac & Cheese, Diced Ham Green Beans & Tropical Fruit <small>Alt: Buttered Pasta</small> WG Pretzel Bites with Cheese Sauce & Milk	29 French Toast Sticks with Maple Syrup & Peaches <small>Alt: EF, DF Waffle</small> Chicken Strip Wrap with WG Tortilla Steamed Broccoli & Mandarin Oranges <small>Wrap: Lettuce, Cheese, Ranch Alt: No Cheese, No Ranch</small> Oyster Crackers & String Cheese	30 WG Pumpkin Bread & Banana <small>Alt: Cereal</small> Turkey & Gravy, Mashed Potatoes Mixed Berries & WG Dinner Roll <small>Alt: Mixed Vegetable</small> Apple Slices & Bug Bites <small>Under 2 Applesauce</small>	31 Strawberry Cream Cheese Bagel & Applesauce <small>Alt: EF, DF Bagel</small> Cheeseburger on WG Bun with Ketchup Tator Tots & Strawberries Trix Yogurt with Sprinkles <small>Alt: DF Yogurt</small>