

October 2024

SERVED DAILY:

- CEREAL AT BREAKFAST
- MILK WITH BREAKFAST AND LUNCH
- FRUIT OR VEGGIE WITH EVERY MEAL

	Monday	Tuesday	Wednesday	Thursday	Friday
	30	1	2	3	4
	B: French Toast, Fruit L: Chicken Nuggets, French Fries, Fruit S: Pretzels, Fruit	B: Pancakes, Fruit L: Pizza, Peppers, Fruit S: Cereal, Fruit	B: Bagels, Fruit L: Grilled Cheese, Cucumbers, Fruit S: Sunbutter and Jelly Sandwich, Fruit	B: Chicken Biscuits, Fruit L: Chicken Nuggets, Fries, Carrots, Fruit S: NutriGrain Bars, Fruit	B: Waffles, Fruit L: Breakfast for Lunch, Fruit S: Snack Mix, Fruit
	7	8	9	10	11
	B: Bagels, Fruit L: Homemade Lunchable, Cucumber, Fruit S: Goldfish, Fruit	B: Pancakes, Fruit L: Hot Dog, Fries, Peppers, Fruit S: Popcorn, Fruit	B: Waffles, Fruit L: Cheese Ravioli, Garlic Bread, Carrots, Fruit S: Graham Crackers, Fruit	B: Toaster Scrambles, Fruit L: Tacos, Corn, Fruit S: Nilla Wafers and Pudding, Fruit	B: French Toast, Fruit L: Meatball Subs, Snap Peas, Fruit S: Frozen Yogurt Pops, Fruit
	14	15	16	17	18
	No School JKC CLOSED	B: Chicken Biscuits, Fruit L: Pizza, Carrots, Fruit S: Goldfish, Fruit	B: Bagels, Fruit L: Grilled Cheese, Cucumbers, Fruit S: Chips and Salsa, Fruit	B: Waffles, Fruit L: Breakfast for Lunch (Pancakes, Sausage, Fruit, Yogurt) S: NutriGrain Bars, Fruit	B: French Toast, Fruit L: Chicken Nuggets, French Fries, Fruit S: Pretzels, Fruit
	21	22	23	24	25
	B: Cinnamon Rolls, Fruit L: Pasta, Meatballs, Peas, Fruit S: Frozen Yogurt Pops, Fruit	B: Waffles, Fruit L: Homemade Lunchable, Cucumber, Fruit S: Graham Crackers, Fruit	B: Pancakes, Fruit L: Hot Dog, Fries, Cucumbers, Fruit S: Popcorn, Fruit	B: Bagels, Fruit L: Chicken Nuggets, Carrots, Fruit S: Chips and Salsa, Fruit	B: French Toast, Fruit L: Pizza, Carrots, Fruit S: Goldfish, Fruit
	28	29	30	31	
	B: Waffles, Fruit L: Breakfast for Lunch (Pancakes, Sausage, Fruit, Yogurt) S: NutriGrain Bars, Fruit	B: Cinnamon Rolls, Fruit L: Pasta, Meatballs, Peas, Fruit S: Cereal, Fruit	B: Chocolate Chip Oatmeal Bars, Fruit L: Baked Chicken, Rice, Peas, Fruit S: Nilla Wafers and Pudding, Fruit	B: Halloween Pancakes, Fruit L: Pizza, Carrots, Fruit S: Smore Snack Mix, Fruit	

MEAL INFO:

BREAKFAST FOR LUNCH

Pancakes, Sausage, Yogurt

HOMEMADE LUNCHABLE

Deli Meat, Crackers, Cheese Cubes

