

~ October 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Fish filets Rice Mixed vegetable Fruit Yogurt & cottage cheese Salad bar Milk	<b>2</b> Deli sandwiches on ww Sweet potato fries Vegetable Fruit Salad bar Juice	<b>3</b> Macaroni & cheese Vegetable Fruit Yogurt & cottage cheese Milk	<b>4</b> Pizza Carrots & Cucumbers Fruit Yogurt & cottage cheese Salad bar Milk	<b>5</b>
<b>6</b>	<b>7</b> Soft tacos Rice and beans Corn Fruit Yogurt & cottage cheese Salad bar Milk	<b>8</b> Bagels with cream cheese Blintzes Tomatoes and cucumbers Fruit Yogurt & cottage cheese Salad bar Milk	<b>9</b> Hot dogs French fries Green beans Fruit Salad bar Juice	<b>10</b> Pasta with meat balls Garlic bread Vegetable Fruit Salad bar Juice	<b>11</b> Pizza bagels Celery & Carrots Fruit Yogurt & cottage cheese Salad bar Milk	<b>12</b>
<b>13</b>	<b>14 NO SCHOOL</b>	<b>15</b> Pancakes w/ syrup Hash browns Vegetable Fruit Yogurt & cottage cheese Salad bar Milk	<b>16</b> Sloppy Joes Potato Vegetable Fruit Salad bar Juice	<b>17</b> Turkey sandwiches Tater tots Coleslaw Vegetable Fruit Salad bar Juice	<b>18</b> Grilled Cheese Tomato soup Vegetable Fruit Yogurt & cottage cheese Salad bar Milk	<b>19</b>
<b>20</b>	<b>21</b> Felafel in pita Israeli salad Fruit Yogurt & cottage cheese Salad bar Milk	<b>22</b> Chicken nuggets Chicken noodle soup Roasted potatoes Vegetable Fruit Salad bar Juice	<b>23</b> Cinnamon French toast Veggie sausage patty Vegetable Fruit Yogurt & cottage cheese Salad bar Milk	<b>24</b> Meatloaf Mashed potatoes Vegetable Fruit Salad bar Juice	<b>25</b> Pizza Carrots & Cucumbers Fruit Yogurt & cottage cheese Salad bar Milk	<b>26</b>
<b>27</b>	<b>28</b> Pierogies Broccoli Fruit Yogurt & cottage cheese Salad bar Milk	<b>29</b> Fish sticks Orzo pasta Vegetable Fruit Cottage cheese & yogurt Salad bar Milk	<b>30</b> Baked Ziti Garlic bread Green beans Fruit Yogurt & cottage cheese Salad bar Milk	<b>31</b> Hamburgers on ww Sweet potato fries Peas Fruit Salad bar Juice	<b>Notes:</b>	