

Monday

Tuesday

Wednesday

Thursday

Friday



October

Chicken Penne Alfredo  
Focaccia Bread Stick  
Caesar Salad  
Fruit Salad  
Milk or Water

1

Honey Garlic Meatballs  
Whole Grain Chinese Rice  
Carrot Sticks  
Mandarin Oranges  
Milk or Water

4

Macaroni & Cheese  
Tossed Salad  
Celery Sticks  
Peach Quarters  
Milk or Water

5

Waffles  
Breakfast Turkey Patty  
Raisins  
Orange Wedges  
Milk or Water

6

Cheese Pizza  
Mediterranean Orzo  
Sliced Cucumbers  
Pineapple Tidbits  
Milk or Water

7

Chicken Caesar Wrap  
Fiesta Pasta Salad  
Carrot Coins  
Diced Pears  
Milk or Water

8



Chicken Penne Alfredo  
Focaccia Bread Stick  
Mixed Veggies  
Tropical Fruit Salad  
Milk or Water

12

Beef Taco  
Whole Grain Mexican Rice  
Celery Sticks  
Mandarin Oranges  
Milk or Water

13

White Cheddar Mac & Cheese  
Tossed Salad  
Carrot Sticks  
Watermelon  
Milk or Water

14

Beef Burger  
Lettuce & Tomato  
Creamy Pasta Salad  
Peach Quarters  
Milk or Water

15

Cheese Pizza  
Mediterranean Orzo  
Celery Sticks  
Fruit Salad  
Milk or Water

18

Chicken Fajita  
Whole Grain Mexican Rice  
Carrot Sticks  
Apple Sauce  
Milk or Water

19

Grilled Cheese Sandwich  
Caesar Salad  
Sliced Cucumbers  
Pineapple Tidbits  
Milk or Water

20

Waffles  
Breakfast Turkey Patty  
Raisins  
Orange Wedges  
Milk or Water

21

Lasagna Bake  
Garlic Naan Bread  
Garden Salad  
Diced Pears  
Milk or Water

22

Macaroni & Cheese  
Focaccia Bread Stick  
Mixed Veggies  
Tropical Fruit Salad  
Milk or Water

25

Beef Taco  
Roasted Herb Potatoes  
Corn  
Pineapple Tidbits  
Milk or Water

26

Honey Garlic Meatballs  
Whole Grain Chinese Rice  
Carrot Sticks  
Peach Quarters  
Milk or Water

27

Beef Burger  
Creamy Pasta Salad  
Celery Sticks  
Mandarin Oranges  
Milk or Water

28

Cheese Pizza  
Caesar Salad  
Sliced Cucumbers  
Fruit Salad  
Milk or Water

29