

October 30- November 3, 2023

		Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	JUICE/VEG/FRUIT	pineapple	juice	juice	mixed fruit	Mandarin oranges
	BREAD OR CEREAL	French toast	Cream of Wheat	Cornflakes	English muffin	WW toast
	MILK	milk	milk	milk	milk	milk
	OTHER	syrup				
AM SNACK	Milk	milk	water	milk	water	
	JUICE OR VEG/FRUIT		applesauce		banana	juice
	BREAD/ALTERNATE	oatmeal muffin WG	Cheerios WG	WW oven pancake	graham crackers	tortilla chips
	MEAT/ALTERNATE					
	Other			syrup		
LUNCH	MEAT/ALTERNATE	cheese pizza	taco soup	chicken noodle casserole	scrambled eggs	turkey sandwich
	VEG/FRUIT	corn	veggies in soup	broccoli	hashbrowns	carrot sticks
	VEG/FRUIT	apple slices	pears	peaches	orange slices	lettuce salad
	BREAD/ALTERNATE	crust	dinner roll	garlic bread	WW toast	bread
	MILK	milk	milk	milk	milk	milk
	OTHER		Saltines		ketchup	Ranch
P.M. SNACK	MILK		milk	water		milk
	JUICE OR VEG/FRUIT	juice		Saltines	juice	
	BREAD/ALTERNATE	oyster crackers	banana bread	cheese slices	Kix WG	animal crackers
	MEAT/ALTERNATE					
	Other					