

October 23-27, 2023

		Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	JUICE/VEG/FRUIT	banana	applesauce	juice	mixed fruit	juice
	BREAD OR CEREAL	Bran Flakes WG	toast	oatmeal WG	pancakes	Rice Chex
	MILK	milk	milk	milk	milk	milk
	OTHER				syrup	
AM SNACK	Milk	water		water	milk	water
	JUICE OR VEG/FRUIT	Ritz crackers	juice	apple slices		
	BREAD/ALTERNATE		BLT pasta	Tricuits	English muffin pizza	graham crackers
	MEAT/ALTERNATE	cheese slices				yogurt
	Other					
LUNCH	MEAT/ALTERNATE	hot ham and Swiss	cheeseburger soup	chicken A'La King	tuna sandwich	beef Empanadas
	VEG/FRUIT	cooked carrots	veggies in soup	mashed potatoes	celery sticks	green beans
	VEG/FRUIT	pears	orange slices	peas	Mandarin oranges	lettuce salad
	BREAD/ALTERNATE	bun	WW bread	biscuit	WW bread	crust
	MILK	milk	milk	milk	milk	milk
	OTHER		Saltines	butter	chips	
P.M. SNACK	MILK		milk	milk		milk
	JUICE OR VEG/FRUIT	juice			juice	
	BREAD/ALTERNATE	tortilla chips	cheese crackers	animal crackers	pretzels	Wheat Thins WG
	MEAT/ALTERNATE					
	Other					