October Menus

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk	Breakfast: Cereal, Biscuit and Jelly, Yogurt or String Cheese, Fruit or Juice, Milk	3 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk	4 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk
	Lunch: Whole Grain Corn Dog	Lunch: Beef and Noodles	Lunch: Chicken Quesadilla	Lunch: Cowboy Cavatini
7 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk Lunch: Chicken	8 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk Lunch: Pork Rib on a	9 Breakfast: Cereal, Bagel and Cream Cheese, Yogurt or String Cheese, Fruit or Juice, Milk Lunch: Lasagna	10 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk Lunch: Baked Chicken	11 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk Lunch: Sloppy Joe on
Tetrazzini	Bun		Drumstick	Bun
14 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	15 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	16 Breakfast: Cereal, Long Johns, Yogurt or String Cheese, Fruit or Juice, Milk	17 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	18 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk
Lunch: Pig in a Blan- ket	Lunch: Chicken Wrap	Lunch: Spaghetti w/ Meat Sauce	Lunch: Taco Salad	Lunch: Chicken and Noodles
21 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk	22 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk	23 Breakfast: Cereal, Biscuit and Jelly, Yogurt or String Cheese, Fruit or Juice, Milk	24 Breakfast: Cereal, Gra- ham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk	25 Breakfast: Cereal, Gra- ham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk
Lunch: Hamburger on a Bun	Lunch: Chicken Nuggets	Lunch: Chili	Lunch: Baked Ham	Lunch: Macaroni and Cheese, Meatballs
28 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	29 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	30 Breakfast: Cereal, Bagel and Cream Cheese, Yogurt or String Cheese, Fruit or Juice, Milk	31 Breakfast: Cereal, Graham Crackers, Yo- gurt or String Cheese, Fruit or Juice, Milk	1 Breakfast: Cereal, Graham Crackers, Yogurt or String Cheese, Fruit or Juice, Milk
Lunch: Hot Ham and Cheese on a Bun	Lunch: Pepperoni Pizza	Lunch: Taco Burger on Bun	Lunch: Italian Pasta Bake	Lunch: Chicken Pattie

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or

disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or cal (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer.