



OCTOBER

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday



			1 Fish Sticks Vegetable Salad Fruit	2 Macaroni & Cheese Vegetable Salad Fruit
5 Chicken Nuggets Vegetable Salad Fruit	6 Grilled Cheese Vegetable Salad Fruit	7 Bagels & Spreads String Cheese Vegetable Fruit	8 Fish Sticks Vegetable Salad Fruit	9 Macaroni & Cheese Vegetable Salad Fruit
12 Columbus Day School Closed	13 Grilled Cheese Vegetable Salad Fruit	14 Bagels & Spreads String Cheese Vegetable Fruit	15 Fish Sticks Vegetable Salad Fruit	16 Tuna & Wheat Bread Vegetable Salad Fruit
19 Chicken Nuggets Vegetable Salad Fruit	20 Grilled Cheese Vegetable Salad Fruit	21 Bagels & Spreads String Cheese Vegetable Fruit	22 Fish Sticks Vegetable Salad Fruit	23 Macaroni & Cheese Vegetable Salad Fruit
26 Chicken Nuggets Vegetable Salad Fruit	27 Grilled Cheese Vegetable Salad Fruit	28 Bagels & Spreads String Cheese Vegetable Fruit	29 Fish Sticks Vegetable Salad Fruit	30 Macaroni & Cheese Vegetable Salad Fruit

Our menu was reviewed following the CACFP nutrition guidelines and approved by nutritionist Shari Hamgurg MS. The CACFP guidelines indicate food group choices as well as portion sized. Please fee free to send in peanut/tree nut free, kosher options as substitutions or to supplement your child's meal if needed. Breakfast of milk, cereal & fruit is served daily until 8:30am. All snacks provided are whole grain and are sccompanied by a fruit or protein.