



OCTOBER

Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

4 Chicken Nuggets Vegetable Salad Fruit	5 Grilled Cheese Vegetable Salad Fruit	6 Bagels & Spreads String Cheese Vegetable Fruit	7 Fish Sticks Vegetable Salad Fruit	1 Tuna & Wheat Bread Vegetable Salad Fruit
11 <b>Columbus Day School Closed</b>	12 Grilled Cheese Vegetable Salad Fruit	13 Bagels & Spreads String Cheese Vegetable Fruit	14 Fish Sticks Vegetable Salad Fruit	8 Macaroni & Cheese Vegetable Salad Fruit
18 Chicken Nuggets Vegetable Salad Fruit	19 Grilled Cheese Vegetable Salad Fruit	20 Bagels & Spreads String Cheese Vegetable Fruit	21 Fish Sticks Vegetable Salad Fruit	15 Tuna & Wheat Bread Vegetable Salad Fruit
25 Chicken Nuggets Vegetable Salad Fruit	26 Grilled Cheese Vegetable Salad Fruit	27 Bagels & Spreads String Cheese Vegetable Fruit	28 Fish Sticks Vegetable Salad Fruit	22 Macaroni & Cheese Vegetable Salad Fruit
				29 Tuna & Wheat Bread Vegetable Salad Fruit

Our menu was reviewed following the CACFP nutrition guidelines and approved by nutritionist Shari Hamburg MS. The CACFP guidelines indicate food group choices as well as portion sizes. Please feel 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 accompanied by a fruit or protein.