

	Monday	Tuesday	Wednesday	Thursday	Friday
October 3	Strawberry oatmeal	Yogurt parfait	Waffles and berries	Cereal with bananas	English muffin with jam
	Fresh muffins with fresh fruit	Sheet pan pancakes with fresh fruit	Zucchini bread with fruit	Croissants with fruit cup	Potato frittata with fresh fruit
	Pasta primavera with fruit cup	Chicken enchiladas with fruit cup	Open face BLT with tomato jam, tots and fruit salad	Coconut beef* with rice pilaf, roasted veggies and fresh fruit	Corn crusted fish with roasted red potato, veggies and fruit cup
	Chicken wonton with dipping sauce	Corn dog bites with fruit cup	Sweet potato fries with homemade sauce	Pumpkin muffins with fresh fruit	Oatmeal cookie bars and fruit
October 10	French toast and berries	Scrambled eggs with cheese and melon cubes	Cinnamon rolls with banana slices	Toast points with fresh berries	Very berry smoothie
	Hash brown and fruit cup	Cheesy grits with bacon	Turkey sausage and fruit cups	Egg and sausage quiche with fresh fruit	Bagel with fruity cream cheese
	Roasted veggie cous cous and fruit cup	Fish taco with slaw and fruit cup	Mango chicken with rice noodle and veggies	Beef broccoli* stir fry with rice and fruit cup	Pita pizza and fruit cup
	Mozzarella sticks with marinara	Charcuterie plate and fruit cup	Corn chips with guacamole	Mini cheese muffins and fresh fruit	Chocolate mousse
October 17	Bread pudding with berries	Chocolate chip waffles and bananas	Biscuits and butter with fresh fruit	Mango pineapple smoothies with animal crackers	Spinach and cheese omelette
	Mango sticky rice	Spinach and cheese egg casserole with fresh fruit	Strawberry banana yogurt with granola	Cheese toast with fruit cup	Blueberry muffins
	Roasted veggie ravioli and fresh fruit	Chicken taco with corn and fruit cup	Fruitti di mare stew with pasta and fresh fruit	Turkey meatball sliders with sweet potato fries and fruit cup	Mac and cheese with broccoli and fruit cup
	Hummus and pita triangles	Cornbread muffins and fresh fruit	Vegetable spring rolls with fresh fruit	Pretzel with cheese dip and fresh fruit	Pumpkin cake with fruit
October 24	Cinnamon raisin toast and berries	Cereal and milk	Grits and bacon bits	Pancake and sausage rollups	Waffles with berries
	Fruit cream of wheat	Blueberry pancakes	Breakfast taco and fruit	Scrambled eggs and bacon	Hash browns and fruit
	Veggie spaghetti with garlic marinara and fruit cup	Taco carnitas with rice and beans	Chicken lomein with fresh fruit	Chicken tenders with French fries and fruit	Grilled cheese with tomato soup and fruit cup
	Potato cakes and fruit cup	Crab rangoon and fruit	Broccoli and cheddar cup with fruit	Pigs in a blanket with honey mustard	Lemon bars with berries

\*Vegetarian option available for all meals