



# October 2023 Menu

*Vegetarian options are available for all meals, and all meals come with fresh seasonal fruit or berries*

	Monday	Tuesday	Wednesday	Thursday	Friday
October 2	Rice Krispies with milk	English muffin with jam	Very berry and kale smoothie with graham crackers	Scrambled eggs	Sausage mini
	Bacon and cheese frittata	Pumpkin spice oatmeal	Honey butter biscuits	Yogurt parfait	Blueberry pancakes and chicken sausage
	Garlic parmesan pasta with peas	Turkey taco	Orange chicken with jasmine rice and broccoli	Herb garlic chicken with roasted vegetables	Hamburger and fries
	Cinnamon pear muffins	Cheesy breadsticks with marinara	Pumpkin crunch muffins	Apple sauce bread	Nachos with cheese sauce
October 9	Blueberry scones	Cinnamon rolls	Strawberry super food smoothie	Seasonal muffins	Sausage roll ups
	Apple cinnamon cream of wheat	Banana bread	Scrambled eggs and sausage links	Cheerios with fresh berries	Funfetti pancakes with maple syrup
	Chicken pesto pasta with spinach	Beef taco	Honey garlic chicken with vegetable lomein	Grilled cheese with tomato soup	Corn dogs with sweet potato fries
	Humus with cucumber veggie straws	Mozzarella sticks	Cheese taquitos	Chicken wonton	DIY smores
October 16	Corn flakes and bananas	Raisin toast	Berry banana smoothie	Waffles	Seasonal muffins
	Potato and cheese egg cup	Apple pie cream of wheat	Hash browns with fruit cup	Sausage with melon cubes	Chocolate chip pancakes
	Spaghetti with turkey bolognese	Bean taco	Chicken noodle soup	Chicken mini with tator tots	Mac and cheese
	Chicken salad with crackers	Veggie spring rolls	Sweet potato fries with fry sauce	Corn muffins	Rice Krispie treats
October 23	Raisin bran	Scrambled eggs	Banana pineapple chia smoothie	Seasonal muffins	Yogurt parfait
	English muffin with sausage links	Strawberry cream oatmeal	Cheddar biscuits	Quiche Lorraine	Vanilla French toast
	Pulled pork and chicken sliders	Chicken taco	Vegetable lomein	Curry chicken rice and roasted vegetable	Cheese pizza
	Margherita flatbread	Tortilla strips with guacamole	Margherita flat bread	Vegan blueberry banana bread	Cookie and cream cookies