

Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

Muffin, WG, Blueberry, 4 oz*
Yogurt, Trix Raspberry Rainbow,
4 oz*
Peaches Diced, 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 2

Breakfast Pizza, Sausage, Tonys
*
Bananas*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 3

Biscuit, Sausage*
Fruit, Tropical Salad 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 4

Egg, Scramble*
Toast w/ Margarine, WW*
Grapes, Fresh*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*

Oct 5

Sausage Links, Morning BK Rol
I CN*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*
Pears, canned sliced 1/2 c*

Oct 8

Peaches Diced, 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 9

Dutch Waffle WG*
Syrup, Packet*
Bananas*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 10

Omelet, w/ ChdrCheese, 2oz*
Fruit, Tropical Salad 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 11

Pancakes, Mini Maple Burst'n
WG*
Sausage Link, Pork (CN)*
Grapes, Fresh*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*

Oct 12

Biscuit, Chicken WG CN*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*
Pears, canned sliced 1/2 c*

Oct 15

Muffin, WG, Blueberry, 4 oz*
Yogurt, Trix Raspberry Rainbow,
4 oz*
Peaches Diced, 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 16

Breakfast Pizza, Sausage, Tonys
*
Bananas*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 17

Biscuit, Sausage*
Fruit, Tropical Salad 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 18

Egg, Scramble*
Toast w/ Margarine, WW*
Grapes, Fresh*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*

Oct 19

Sausage Links, Morning BK Rol
I CN*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*
Pears, canned sliced 1/2 c*

Oct 22

Peaches Diced, 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 23

Dutch Waffle WG*
Syrup, Packet*
Bananas*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 24

Omelet, w/ ChdrCheese, 2oz*
Fruit, Tropical Salad 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 25

Pancakes, Mini Maple Burst'n
WG*
Sausage Link, Pork (CN)*
Grapes, Fresh*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*

Oct 26

Biscuit, Chicken WG CN*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%
*
Juice, Orange, Carton, 4oz100
%*
Pears, canned sliced 1/2 c*

Oct 29

Muffin, WG, Blueberry, 4 oz*
Yogurt, Trix Raspberry Rainbow,
4 oz*
Peaches Diced, 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 30

Breakfast Pizza, Sausage, Tonys
*
Bananas*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

Oct 31

Biscuit, Sausage*
Fruit, Tropical Salad 1/2 cup*
Cereal Variety #No Nuts*
Cracker, Goldfish, GiantGraham
*
Milk 1% Lowfat Hiland*
Milk FatFree Chocolate Hiland*
Juice, Apple, Carton, 4oz 100%*
Juice, Orange, Carton, 4oz100%
*

