



Week 4 October 9-13

Day of Week	Breakfast	AM Snack	Lunch	PM Snack
Monday	French Toast Mixed Fruit Milk	Cheese Slices Crackers Water	Turkey Dog on a Bun Corn Tropical Fruit Milk	Grahams Banana Water
Tuesday	Pancakes Strawberries Milk	Peanut Butter Crackers Water	Chili w/Beef & Beans Cornbread Pineapples Milk	Cheezits Juice
Wednesday	Breakfast Burrito Blueberries Milk	Apples Yogurt Water	Chicen Nuggets French Fries Orange Slices Milk	Carrots Crackers Ranch Water
Thursday	Biscuits & Gravy Mandarin Oranges Milk	Cinnamon Toast Raisins Water	Beef Stroganoff Peas Mixed Fruit Milk	Pretzels and Cheese Water
Friday	Waffles Apple Slices Milk	Granola Bars Milk	Chicken Noodle Soup Mashed Potatoes Pears Milk	Chips and Salsa Water

