



Chef Cyndi's October Menu

2017



Monday

Tuesday

Wednesday

Thursday

Friday

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|---|--|---|---|--|
| <p>2 Scrambled Eggs French Toast Fresh Fruit/Milk</p> <p>Pears & Graham Crackers</p> | <p>3 Zucchini Sticks Fish Sticks French Fries Fresh Fruit / Milk</p> <p>Soft Pretzels /Cr. Cheese/Milk</p> | <p>4 Steamed Broccoli Teriyaki Chicken Brown Rice Fresh Fruit / Milk</p> <p>Applesauce Muffins/Milk</p> | <p>5 Roasted Carrots & Potatoes Pot Roast Hawaiian Rolls Fresh Fruit/Milk</p> <p>Yogurt & Granola</p> | <p>6 Assorted Veggie Sticks Cheese Sandwiches Sun Chips Fresh Fruit/Milk</p> <p>Man. Oranges/Ritz Cra.</p> |
| <p>9 Peas & Carrots Cheese Ravioli Garlic Bread Fresh Fruit/Milk String Cheese & Crackers</p> | <p>10 Cucumber & Tomato Ham & Cheese Sandwiches Pop Chips Fresh Fruit/Milk Cream Cheese & Apples</p> | <p>11 Stir Fry Veggies w/ Lo Mein Orange Chicken Fresh Fruit/Milk Granola & Cranberries</p> | <p>12 Carrot Sticks Soynut Butter & Jelly Sand. Baked Lays Fresh Fruit/Milk Peaches & Graham Cra.</p> | <p>13 Pasta Salad w/ veggies Turkey Bologna Sand. Sun Chips Fresh Fruit/Milk Hummus & Pita Chips</p> |
| <p>16 Stir Fry Veggies Tofu Nuggets Brown Rice Fresh Fruit / Milk</p> <p>String Cheese/Wheat Thins</p> | <p>17 "New Menu Item" Peas & Carrots Tuna Casserole Potato Rolls Fresh Fruit/Milk</p> <p>Watermelon & Goldfish</p> | <p>18 Mixed Veggies Meatball (beef) w/ br. gravy Garlic Mashed Potatoes Fresh Fruit/Milk</p> <p>Turkey, Cheese/Crackers</p> | <p>19 Corn Salad Ham & Cheese Wraps Sweet Potato Chips Fresh Fruit/Milk</p> <p>Apples & Cream Cheese</p> | <p>20 "Happy Birthday UMS!" "Rainbow" Pasta Salad w/ chicken, cheese cubes Warm Bread Sticks Fresh Fruit/Milk Yogurt/Bananas/Rainbow sprinkles</p> |
| <p>23 Potato Corn Chowder Warm Biscuits Fresh Fruit / Milk</p> <p>Ritz Crackers & Cheese</p> | <p>24 Lettuce, tomato, pickle Mini Hamburgers Sweet Potato Fries Fresh Fruit/Milk</p> <p>Mixed Veggies & Ranch</p> | <p>25 Sweet Corn & Spanish Rice Chicken and Cheese Enchiladas Fresh Fruit / Milk</p> <p>Strawberry Bars & Milk</p> | <p>26 Green Beans Spaghetti w/ meat sauce Garlic Bread Fresh Fruit / Milk</p> <p>Edamame & Flat Bread</p> | <p>27 Tossed Green Salad Pineapple & Bacon Pizza Fresh Fruit/Milk</p> <p>Yogurt & Granola</p> |
| <p>30 Mixed Veggies Mac & Cheese Casserole Fresh Fruit/Milk</p> <p>SoyNut Butter & Crackers</p> | <p>31 "Halloween Party" Spooky Gorilla Cheese Sand Creepy Potato Chips Carrot Sticks Ghoulish Fresh Fruit Witches Brew Milk "Spooky Treat"</p> |  | <p>Please Note: There are a few more sandwiches this month, due to the "Pumpkin Patch Field Trips" and "Picture Days"! (See the October Newsletter online for dates and more information)</p> | |