



Chef Cyndi's October Menu

2018




Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 Scrambled Eggs French Toast Fresh Fruit/Milk</p> <p>Pears & Graham Crackers</p>	<p>2 Zucchini Sticks Fish Sticks French Fries Fresh Fruit / Milk</p> <p>Goldfish & String Cheese</p>	<p>3 Steamed Broccoli Teriyaki Chicken Brown Rice Fresh Fruit / Milk</p> <p>Raisin Bran, Bananas, Milk</p>	<p>4 Mixed Veggies Meaty Ziti (beef) Garlic Sticks Fresh Fruit/Milk</p> <p>Veggie Sticks & Triscuits</p>	<p>5 Carrot Sticks Soynut Butter & Jelly Sand. Sun Chips Fresh Fruit/Milk</p> <p>Snap Peas & Ritz Crackers</p>
<p>8 Peas & Carrots Cheese Ravioli Garlic Bread Fresh Fruit/Milk String Cheese & Crackers</p>	<p>9 Cucumber Salad Turkey Sandwiches Pop Chips Fresh Fruit/Milk Hummus & Pita Chips</p>	<p>10 Carrot Sticks Red Potato Salad Ham & Cheese Wraps Fresh Fruit/Milk Apples & Cream Cheese</p>	<p>11 Pasta Salad w/ veggies Cheese Sandwiches Fresh Fruit/Milk Yogurt & Granola</p>	<p>12 Mixed Veggie Sticks Turkey Bologna Sand. Sun Chips Fresh Fruit/Milk Applesauce Muffins/Milk</p>
<p>15 Stir Fry Veggies Tofu Nuggets Brown Rice Fresh Fruit/Milk String Cheese/Wheat Thins</p>	<p>16 Peas & Carrots Chicken Pot Pie Fresh Fruit/Milk Watermelon & Goldfish</p>	<p>17 Zucchini Sticks Philly Cheese Steak Sand. Onion Rings Fresh Fruit/Milk Turkey, Cheese/Crackers</p>	<p>18 Minestrone Soup Corn Bread Muffins Fresh Fruit/Milk Jicama Salad</p>	<p>19 Chicken Taco Salad Corn Chips Fresh Fruit/Milk California Rolls</p>
<p>22 "Happy Birthday UMS!" "Rainbow" Pasta Salad w/ cheese cubes & veggies Warm Bread Sticks Fresh Fruit/Milk Yogurt/Bananas/Rainbow sprinkles</p>	<p>23 Lettuce, tomato, pickle Mini Hamburgers Sweet Potato Fries Fresh Fruit/Milk Applesauce & Gram. Cra.</p>	<p>24 Cooked Carrots Beef Meatballs Garlic Mashed Potatoes Fresh Fruit / Milk Strawberry Bars & Milk</p>	<p>25 Tossed Green Salad Pineapple & Bacon Pizza Fresh Fruit/Milk Tuna & Crackers</p>	<p>26 Cooked Sweet Corn Chicken Taquitos Refried Beans Fresh Fruit/Milk Edamame & Flat Bread</p>
<p>29 Potato Corn Chowder Warm Biscuits Fresh Fruit / Milk Ritz Crackers & Cheese</p>	<p>30 Cooked Corn Chicken & Cheese Enchila- das Spanish Rice Fresh Fruit/Milk Granola & Cranberries</p>	<p>31 "Halloween Party" Spooky Gorilla Cheese Sand Creepy Potato Chips Carrot Sticks Ghoulish Fresh Fruit Witches Brew Milk "Spooky Treat"</p>	<p> School closes at 5 PM on Halloween!</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>	