



WHAT'S COOKING IN OCTOBER 2021!

	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Breakfast	WG Banana Muffin Mandarin Oranges Milk	WG Mini Pancakes Applesauce Milk	WG Cheerios Banana Milk	WG Bagels Diced Pears Milk	WG Cornbread Pineapple Tidbits Milk
Lunch	WG Turkey & Cheese Sandwich Baby Carrots Pineapple Tidbits	WG Cheese Ravioli Green Beans Diced Peaches	Enriched Wheat Crusted Broccoli Quiche Fruit Salad	WG Mini Pancake Wrap Tater Tots Mixed Fruit	WG Cheese Pizza Lettuce Grape Tomatoes
Snack	AM: WG Spooners Cereal Milk	WG Bagel Milk	WG SunButter Sandwich Water	Cucumber Slices 100% Orange Juice	WG Waffles Milk
	PM: Sliced Apples Milk	WG Chocolate Muffin Milk	Fresh Strawberries Milk	WG Rice Cakes String Cheese	Sunflower Seeds 100% Apple Juice



	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Breakfast	WG Chocolate Muffin Peaches Milk	WG Raisin Bread Pears Milk	WG Cheerios Banana Milk	WG Oatmeal Apples & Raisins Milk	Yogurt Blueberries Milk
Lunch	HM WG French Toast Tater Tots Sausage Blueberries	HM WG Beef Burrito Refried Beans Apple Slices	Mini Meatballs WG Buns Sweet Potato Fries Pineapple	Chicken & Gravy WG Rice Broccoli Fruit Salad	WG Mozzarella Dippers Spinach Mandarin Oranges
Snack	AM: Clementine Oranges Milk	WG Cheez it Milk	WG Strawberry Chex Mix Milk	WG Breadstick Milk	WG Mini Pretzels Milk
	WG Bean & Veggie Crackers Milk	Banana Milk	WG Teddy Grahams GoGurt	WG Wheat Thins 100% Grape Juice	Diced Peaches String Cheese

1yr olds receive whole white milk and 2-5 yr. olds get 1% white milk with every meal unless otherwise stated.

WG =Whole Grain HM = Homemade

Menus are Subject to Change

This Intuition is an equal opportunity provider