

OCTOBER

MEAL PLAN

ALL LUNCHES ARE SERVED WITH
VEGETABLES, FRUIT AND MILK

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON		AM SNACK: GRAHAM CRACKERS & STRING CHEESE LUNCH: CHICKEN GINGER SOUP PM SNACK: WHEAT THINS & RAISINS	AM SNACK: PITA BREAD & CREAM CHEESE LUNCH: ALFREDO PASTA PM SNACK: TORTILLA CHIPS & GUACAMOLE	AM SNACK: RAISIN BREAD & FRUIT SMOOTHIE LUNCH: CHICKEN NUGGETS & PASTA PM SNACK: PRETZELS & CREAM CHEESE
TUE		AM SNACK: YOGURT & RAISINS LUNCH: ENGLISH MUFFIN PIZZA PM SNACK: TORTILLA CHIPS & GUACAMOLE	AM SNACK: MINI MUFFINS & MILK LUNCH: CHICKEN EGG DROP PM SNACK: WHEAT THINS & STRING CHEESE	AM SNACK: APPLESAUCE & CRACKERS LUNCH: GRILLED CHEESE PM SNACK: GOLDFISH & RAISINS
WED	AM SNACK: OATMEAL & RAISINS LUNCH: TERIYAKI MEATBALLS & RICE PM SNACK: PRETZELS & CREAM CHEESE	AM SNACK: BAGELS & CREAM CHEESE LUNCH: TOFU STIR FRY PM SNACK: STRING CHEESE & CRACKERS	AM SNACK: BREAKFAST BAR & FRUIT SMOOTHIE LUNCH: FRIED RICE PM SNACK: GOLDFISH & RAISINS	AM SNACK: CEREAL & MILK LUNCH: MAC & CHEESE PM SNACK: WAFERS & FRUIT SMOOTHIE
THU	AM SNACK: TATER TOTS & CHEESE LUNCH: CHICKEN NUGGETS & PASTA PM SNACK: PITA BREAD & HUMMUS	AM SNACK: PANCAKE & JAM LUNCH: MAC & CHEESE PM SNACK: PRETZELS & CREAM CHEESE	AM SNACK: TOAST & ALMOND BUTTER LUNCH: TUNA MELT PM SNACK: PITA BREAD & HUMMUS	AM SNACK: WAFFLES & JAM LUNCH: MACARONI NOODLE SOUP PM SNACK: BABYBEL CHEESE & CRACKERS
FRI	AM SNACK: RAISIN BREAD & MILK LUNCH: TURKEY/CHEESE SLIDERS PM SNACK: CHEX MIX & FRUIT SMOOTHIE	AM SNACK: APPLESAUCE & CRACKERS LUNCH: VEGETABLE NOODLE SOUP PM SNACK: CRACKERS & JELLO	AM SNACK: GOGURT & RAISINS LUNCH: CHEESE QUESADILLA W/ BEANS PM SNACK: DIY TRAIL MIX & YOGURT POPSICLES	AM SNACK: CRACKERS & STRING CHEESE LUNCH: TOFU CHOW MEIN PM SNACK: APPLESAUCE & STRING CHEESE

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MEAL PLAN

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VEGETABLES, FRUIT AND MILK

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	AM SNACK: TATER TOTS & CHEESE LUNCH: CHICKEN NOODLE STIR FRY PM SNACK: DIY TRAIL MIX			
TUE	AM SNACK: BAGELS & CREAM CHEESE LUNCH: TERIYAKI TOFU W/ RICE PM SNACK: TORTILLA CHIPS & GUACAMOLE			
WED	AM SNACK: TOAST & JAM LUNCH: MINI CHEESE PIZZA PM SNACK: PRETZELS & CREAM CHEESE			
THU	AM SNACK: CEREAL & MILK LUNCH: NOODLE SOUP PM SNACK: TORTILLA CHIPS & GUACAMOLE			
FRI	AM SNACK: APPLESAUCE & RAISINS LUNCH: BOLOGNESE PASTA PM SNACK: BANANA BREAD & FRUIT SMOOTHIE			