

October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*1% Milk is served*</p> <p>*100% Apple Juice is served*</p> <p>Cereal Options: Cheerios, Chex Mix, Multi Grain Cheerios</p>				<p>1. AM Gold Fish/milk PM Salami/Ritz LPU Cheese Sticks/ apple juice</p>
<p>4. AM Pretzels/milk PM Cheese sticks/ Cheerios LPU Nilla Wafers/ apple juice</p>	<p>5. AM Bananas/ milk PM Salami/ Cheez its LPU Graham Crackers/ apple juice</p>	<p>6. AM Apple sauce/ milk PM Tortillas/ pepperoni LPU Pretzels/ apple juice</p>	<p>7. AM Club crackers PM Humus/pretzels LPU Fruit strips/ milk</p>	<p>8. AM Gold Fish/ milk PM Celery/raisins LPU Chex Mix/ milk</p>
<p>11. AM Pita chips/ milk PM Raisins/ graham crackers LPU Cheez its/ apple juice</p>	<p>12. AM Oranges/ milk PM Cheese cubes/ Ritz LPU Cheerios/ apple juice</p>	<p>13. AM Apple Sauce/ Ritz PM Pears/ milk LPU Snap peas/ apple juice</p>	<p>14. AM Chex mix/ milk PM Salami/ club crackers LPU Fruit Strips/ milk</p>	<p>15. AM Pretzels/ milk PM Nilla Wafers/ raisins LPU Pepperoni/ apple juice</p>
<p>18. AM Sliced Turkey/ Ritz PM Pretzels/ milk LPU Club crackers/ milk</p>	<p>19. AM Graham crackers/ milk PM Peaches/ milk LPU Nilla Wafers/ apple juice</p>	<p>20. AM Ritz/ milk PM Cheese cubes/ pepperoni LPU Raisins/ Ritz</p>	<p>No School</p>	<p>No school</p>
<p>25. AM Gold Fish/ milk PM Bananas / graham crackers LPU Carrots/ apple juice</p>	<p>26. AM Chex mix/ milk PM Humus/ celery LPU Graham crackers/ apple juice</p>	<p>27. AM Club crackers/ milk PM Pretzels/ cheese cubes LPU Cheerios/ apple juice</p>	<p>28. AM Salami/ milk PM Cheerios/ apple sauce LPU Pita chips/ milk</p>	<p>29. AM Ritz/ milk PM Cheese sticks/ Chex mix LPU Rasisns/ milk</p>

Items containing **Wheat** Ritz, Nilla Wafers, Goldfish, Graham Crackers, Pita, Cheez Its and Club Crackers

Items containing **Dairy** Cheese Cubes, Cheese Stick, Milk, Cheez Its, Nilla Wafers and Goldfish

Items containing **Eggs** Nilla Wafers, Ranch

Items containing **High Fructose Corn Syrup** Club Crackers, Nilla Wafers, Ritz and Pears

Items containing **Soy** Cheez its, Ritz, Chex mix, Nilla Wafers and Graham Crackers, Ranch