

October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3. AM Triscuits*/ Pepperoni PM Nilla Wafers/ Milk LPU Goldfish/ Apple Juice	4. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	5. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice	6. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice	7. AM Carrots/ Hummus PM Wheat Thins*/ Cheese Stick LPU Pretzels/ Apple Juice
10. AM Bananas/ Milk PM Ritz*/ Pepperoni LPU Graham Cracker/ Apple Juice	11. AM Triscuits*/ Pepperoni PM Nilla Wafers/ Milk LPU Goldfish/ Apple Juice	12. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	13. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice	14. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice
17. AM Carrots/ Hummus PM Wheat Thins*/ Cheese Stick LPU Pretzels/ Apple Juice	18. AM Bananas/ Milk PM Ritz*/ Pepperoni LPU Graham Cracker/ Apple Juice	19. AM Triscuits*/ Pepperoni PM Nilla Wafers/ Milk LPU Goldfish/ Apple Juice	20. MEA	21. MEA
24. AM Applesauce/ Graham Cracker PM Tortilla*/ Turkey LPU Cereal*/ Apple Juice	25. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice	26. AM Pretzels/ Cheese Stick PM Goldfish/ Milk LPU Saltines*/ Apple Juice	27. AM Carrots/ Hummus PM Wheat Thins*/ Cheese Stick LPU Pretzels/ Apple Juice	28. AM Bananas/ Milk PM Ritz*/ Pepperoni LPU Graham Cracker/ Apple Juice
31. AM Saltines*/ Milk PM Graham Cracker/ Milk LPU Cheese Stick / Apple Juice				*Whole grain Cereal Options: Cheerios & Multi Grain Cheerios 1% Milk is served 100% Apple Juice is served

Items containing **Wheat** Whole Wheat Ritz*, Whole Grain Saltines*, Nilla Wafers, Goldfish, Graham Crackers, Whole Wheat Tortilla*, Triscuit*, & Wheat Thins*

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

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Nilla Wafers & Whole Wheat Ritz

Items containing **Soy** Whole Wheat Ritz, Nilla Wafers and Graham Crackers

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

Items containing **Eggs** Nilla Wafers

Items containing **High Fructose Corn Syrup** Nilla Wafers & Whole Wheat Ritz

Items containing **Soy** Whole Wheat Ritz, Nilla Wafers and Graham Crackers