

WEEKLY MEAL PLANNER

Week of:

	BREAKFAST	LUNCH	SNACK
October 1	Cheerios Cereal Apple Milk	Macaroni in Meat Sauce Corn Peaches Milk	Yogurt Berries
October 2	Scrambled Eggs Orange Milk	Chicken Nuggets String Beans Pineapple Milk	Wheat Thins Apple Sauce
October 3	French Toast Sticks Syrup Peach cup Milk	Pizza Green Salad w/ Dressing Broccoli Milk	Fruit Cocktail Rice Cakes
October 4	Corn Muffins Mandarins Milk	Grilled Chicken on a Roll Corn Sliced Peaches Milk	Graham Crackers Apple sauce
October 5	Waffle Sticks w/ Syrup Banana Milk	Fish Sticks Carrots and Peas Sliced Wheat Bread Pineapples Milk	Cheese Sticks & Pretzels

WEEKLY MEAL PLANNER

Week of:

BREAKFAST

LUNCH

SNACK

October 8	No School	No School	No School
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October 9	Silver Dollar Pancakes w/ Syrup Peach Cup Milk	Ground Beef Tacos Tomato, Lettuce, Cheese, Corn, Tortilla Wrap Milk	Fruit Cocktail Rice Cakes
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October 10	Corn Muffins Mandarins Milk	Pizza Green Salad w/ dressing Pineapple Milk	Graham Crackers Banana
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October 11	Scrambled Eggs Apple Milk	Fish Sticks Corn Sliced Wheat Bread Apple Sauce Milk	Vanilla Yogurt Wheat Thins
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October 12	English Muffin with Butter berries Milk	Turkey Sandwich on Whole Wheat Carrots Peach Cup Milk	Cheese Sticks Cucumber Slices
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WEEKLY MEAL PLANNER

Week of:

	BREAKFAST	LUNCH	SNACK
October 15	Cheerios Cereal Oranges Milk	Meatballs on a Roll Corn Pineapple Milk	Fruit Cocktail Rice Cakes
October 16	French Toast Sticks Syrup Bananas Milk	Chicken Nuggets String Beans Carrots Milk	Yogurt Berries
October 17	Scrambled Eggs Oranges Milk	Pizza Green Salad w/ dressing Peaches Milk	Wheat Thins Apple Sauce
October 18	Corn Muffins Mandarins Milk	Turkey Sandwich on Whole Wheat Carrots Peaches Milk	Cheese Slices & Pretzels
October 19	Waffle Sticks w/ Syrup Peach cup Milk	Fish Sticks Broccoli White bread Pineapple Milk	Graham Crackers Banana

WEEKLY MEAL PLANNER

Week of:

	BREAKFAST	LUNCH	SNACK
October 22	Corn Flakes Cereal Banana Milk	Turkey Sandwich on Whole Wheat Carrots Pineapple Milk	Wheat Thins Apple Sauce
October 23	Scrambled Eggs Orange Milk	Chicken Nuggets String Beans Corn Milk	Yogurt Berries
October 24	French Toast Sticks Syrup Peach cup Milk	Pizza Green Salad w/ dressing Broccoli Milk	Fruit Cocktail Rice Cakes
October 25	Corn Muffins Mandarins Milk	Ground Beef Tacos Tomato, Lettuce, Cheese Fruit cocktails Milk	Cheese Sticks Cucumber Slices
October 26	Waffle Sticks w/ Syrup Peach cup Milk	Fish Sticks String Beans apple Milk	Wheat Thins Banana

WEEKLY MEAL PLANNER

Week of:

	BREAKFAST	LUNCH	SNACK
October 29	Corn Flakes Cereal Banana Milk	Meatballs on a Roll String Beans Pineapple Milk	Yogurt Berries
October 30	Corn Muffins apple Milk	Chicken Nuggets Peas Pineapple Milk	Wheat Thins Cheese Slices
October 31	Waffle Sticks w/ Syrup Peach cup Milk	Pizza Green Salad w/ dressing Carrots Milk	Fruit Cocktail Rice Cakes
November 1	Scrambled Eggs Orange Milk	Chicken Tacos Tomato, Lettuce, Cheese, Corn, Tortilla Wrap Milk	Vanilla Yogurt Graham Crackers
November 2	French Toast Sticks Syrup Peaches Milk	Fish Sticks String Beans Whole Wheat bread Mandarins Milk	Cheese Sticks Cucumber Slices