

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1. AM- Club Cracker & Cheese Cube PM- Grapes LPU- Carrot Sticks	2. AM- Nilla Wafers PM- Oranges LPU- Goldfish	3. AM- Turkey & Tortilla PM- Cheez Its LPU- Celery	4. AM- Graham Cracker PM- Cheese Stick & Ritz LPU- Cereal
7. AM- Cheez Its PM- Hummus & Pretzels LPU- Graham Cracker	8. AM- Snap Peas PM- Goldfish LPU- Cereal	9. AM- Pepperoni & Ritz PM- Cucumbers LPU- Pears	10. AM- Oranges PM- Goldfish LPU- Nilla Wafers	11. AM- Club Crackers PM- Bananas LPU- Cereal
14. AM- Tortilla & Turkey PM- Goldfish LPU- Cereal	15. AM- Nilla Wafers PM- Celery & Raisins LPU- Grapes	16. AM- Cucumbers PM- Salami & Ritz LPU- Oranges	No School	No School
21. AM- Pretzels PM- Hummus & Pita LPU- Pears	22. AM- Cheez Its PM- Carrots LPU- Cereal	23. AM- Graham Cracker PM- Snap Peas LPU- Club Cracker & Cheese Cube	24. AM- Cheese Stick & Ritz PM- Grapes LPU- Celery	25. AM- Goldfish PM- Nilla Wafers LPU- Cereal
28. AM- Cheez Its PM- Graham Cracker LPU- Cereal	29. AM- Club Crackers PM- Hummus & Pita LPU- Grapes	30. AM- Pepperoni & Ritz PM- Tortilla & Turkey LPU- Pretzels	31. AM- Goldfish PM- Nilla Wafers LPU- Cereal	*1% Milk is served* *Apple Juice is served in LPU* Cereal Options: Cheerios, Chex Mix, Multi Grain Cheerios

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