




# October 2024 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 1 cup 1% Milk 1- Boiled Egg 2 Whole Wheat Toast 1TBS Peanut Butter ½ cup Mango 1 cup Pineapple Juice</p>	<p>2 1 cup 1% Milk 1 cup Cream of Wheat ½ cup cottage cheese ½ cup Peaches 1 cup Orange Juice</p>	<p>3 1 cup 1% Milk 1-2 oz Biscuit w/ Apple Butter 2 Scrambled Egg ½ cup Pears 1 cup Apple Juice</p>	<p>4 1 cup 1% Milk 1 cup Cinnamon Oatmeal 1 Cheese Omelet ½ cup Fruit Cocktail 1 cup Cran-Apple Juice</p>
<p>7 1 cup 1% Milk 2- Pancakes &amp; 2 Slice Turkey Bacon 1 cup Apple Sauce ½ cup grape juice</p>	<p>8 1 cup 1% Milk 1 Boiled Egg 2 sl Whole Wheat Toast 1 TBS Peanut Butter ½ cup Mango 1 cup Pineapple Juice</p>	<p>9 1 cup 1% Milk 1 cup Cream of Wheat ½ cup cottage cheese 1/2 cup Peaches 1 cup Orange Juice</p>	<p>10 1 cup 1% Milk 1-2 oz Biscuit w/Apple Butter 2 Scrambled Eggs 1/2 cup Pears 1 cup Apple Juice</p>	<p>11 1 cup 1% Milk 1 cup Cinnamon Oatmeal 1 Cheese Omelet ½ cup Fruit Cocktail 1 cup Cran-Apple Juice</p>
<p>14 Center Closed</p> 	<p>15 1 cup 1% Milk 1 Boiled Egg 2 sl Whole Wheat Toast 1TBS Peanut Butter ½ cup Mango 1 cup Pineapple Juice</p>	<p>16 1 cup 1% Milk 1 cup Cream of Wheat ½ cup cottage cheese ½ cup Peaches 1cup Orange Juice</p>	<p>17 1 cup 1% Milk 1 -2 oz Biscuit w/ Apple Butter 2 Scrambled Eggs ½ cup Pears 1 cup Apple Juice</p>	<p>18 1 cup 1% Milk 1 cup Cinnamon Oatmeal 1 Cheese Omelet ½ cup Fruit Cocktail 1 cup Cran-Apple Juice</p>
<p>21 1 cup 1% Milk 2 Pancakes &amp; 2 Slice Turkey Bacon 1 cup Apple Sauce ½ cup Grape Juice</p>	<p>22 1 cup 1% Milk 1 Boiled Egg 2 Sl Whole Wheat Toast 1 TBS Peanut Butter ½ cup Mango 1 cup Pineapple Juice</p>	<p>23 1 cup 1% Milk 1 cup Cream of Wheat ½ cup Peaches ½ cup cottage cheese 1 cup Orange Juice</p>	<p>24 1 cup 1% Milk 1- 2 oz Biscuit w/ Apple Butter 2 Scrambled Eggs ½ cup Pears 1 cup Apple Juice</p>	<p>25 1 cup 1% Milk 1 cup Cinnamon Oatmeal 1 Cheese Omelet ½ cup Fruit Cocktail 1 cup Cran-Apple Juice</p>
<p>28 1 cup 1% Milk 2 Pancakes &amp; 2 Boiled Egg 1 cup Apple Sauce ½ cup Grape Juice</p>	<p>29 1 cup 1% Milk 1 Boiled Egg 2 Sl Whole Wheat Toast 1 TBS Peanut Butter ½ Mango ½ cup Pineapple Juice</p>	<p>30 1 cup 1% Milk 1 cup Cream of Wheat ½ cup cottage cheese ½ cup Peaches 1 cup Orange Juice</p>	<p>31 1 cup 1% Milk 1-2 oz Biscuit w/ Apple Butter 2 Scramble Eggs ½ cup Pears 1 cup Apple Juice</p>	<p>** Menu are subject to changed  ** Toast and Cereal are Available for special diets</p>

# October 2024 Snack



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 ½ cup LS Chicken Soup 11 Wheat Thins Crackers</p>	<p>2 6 oz Blueberry Yogurt 2 oz Whole Grain Muffin</p>	<p>3 ½ cup Guacamole Dip 1 oz Whole Grain Tostitos Chip</p>	<p>4 <u>Strawberry Smoothie Bowl</u></p>
<p>7 7 Ritz Crackers 1 oz cheese stick</p>	<p>8 ½ cup LS Chicken Soup 11 Wheat Thins Crackers</p>	<p>9 6 oz Blueberry Yogurt 2oz Whole Grain Muffin</p>	<p>10 ½ cup Guacamole Dip 1 oz Whole Grain Tostitos Chip</p>	<p>11 <u>Strawberry Smoothie Bowl</u></p>
<p>14 Center Closed</p> 	<p>15 ½ cup LS Chicken Soup 11 Wheat Thins Crackers</p>	<p>16 6 oz Blueberry Yogurt 2oz Whole Grain Muffin</p>	<p>17 ½ cup Guacamole Dip 1oz Whole Grain Tostitos Chip</p>	<p>18 <u>Strawberry Smoothie Bowl</u></p>
<p>21 7 Ritz Crackers 1oz cheese stick</p>	<p>22 ½ cup LS Chicken Soup 11 Wheat Thins Crackers</p>	<p>23 6 oz Blueberry Yogurt 2oz Whole Grain Muffin</p>	<p>24 ½ cup Guacamole Dip 1oz Whole Grain Tostitos Chip</p>	<p>25 <u>Strawberry Smoothie Bowl</u></p>
<p>28 7 Ritz Crackers 1 oz cheese stick</p>	<p>29 ½ cup LS Chicken Soup 11 Wheat Thins Crackers</p>	<p>30 6 oz Blueberry Yogurt 2oz Whole Grain Muffin</p>	<p>31 ½ cup Guacamole Dip 1oz Whole Grain Tostitos Chip</p>	<p>** Menus are subject to change**</p> <p>**Substitutes are available for special diets</p>