

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Chicken Alfredo Pasta



BREAKFAST:
Cereal

6 **NATIONAL NACHO DAY**
Beefy Nachos



BREAKFAST:
Vanilla Yogurt Cup &
& Graham Crackers

7 Club Sandwich



BREAKFAST:
Double Chocolate
Chip Muffin

1 Spaghetti & Meatsauce



BREAKFAST:
Mini Pancakes

2

**Happy
October!**

9



12

FALL BREAK

MONDAY, OCT. 12 – FRIDAY, OCT. 16

ENJOY YOUR BREAK!

16

19 Sweet & Sour Chicken Bowl



BREAKFAST:
Cereal

20 Picadillo Tacos



BREAKFAST:
Mini Waffles

21 Pepperoni or Cheese Pizza



BREAKFAST:
Banana Muffin

22 **BREAKFAST FOR LUNCH**
Pancakes & Sausage



BREAKFAST:
French Toast

23

**Small
Steps
BIG
Futures**

26 Nacho Fries



BREAKFAST:
Cereal

27 Carne Con Chile Tacos



BREAKFAST:
Benefit Bar

28 Pepperoni or Cheese Pizza



BREAKFAST:
Yogurt Cup &
Graham Crackers

29 **NATIONAL OATMEAL DAY**



BREAKFAST:
UBR Cookie

30

