

| OCTOBER 2009 | | | | |
|------------------|-------------------------|-------------------|----------------------|-------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | 1 | 2 |
| | | | bagel & cream cheese | macaroni & ground meat* |
| | | | soup | corn bread |
| | | | veggies | veggies |
| | | | milk | milk |
| | | | fruit | fruit |
| 5 | 6 | 7 | 8 | 9 |
| fish sticks* | chicken casserole* | waffles/eggs | spaghetti* | quesadillas |
| rice | Hawaiian bread | yogurt | garlic bread | rice |
| veggies | veggies | veggies | veggies | veggies |
| milk | milk | milk | milk | milk |
| fruit | fruit | fruit | fruit | fruit |
| 12 | 13 | 14 | 15 | 16 |
| corn dog* | pizza | chicken teriyaki* | tuna sandwich* | macaroni & cheese |
| rice | veggies | rice | soup/yogurt | corn bread |
| veggies | milk | veggies | veggies | veggies |
| milk | fruit | milk | milk | milk |
| fruit | | fruit | fruit | fruit |
| 19 | 20 | 21 | 22 | 23 |
| chicken nuggets* | grilled cheese sandwich | spaghetti* | chicken casserole* | bagel & cream cheese |
| potatoes | soup | garlic bread | Hawaiian bread | soup |
| veggies | veggies | veggies | veggies | veggies |
| milk | milk | milk | milk | milk |
| fruit | fruit | fruit | fruit | fruit |
| 26 | 27 | 28 | 29 | 30 |
| fish sticks* | waffles/eggs | macaroni & meat* | quesadillas | |
| rice | yogyrt | corn bread | rice | COOK'S |
| veggies | veggies | veggies | veggies | CHOICE |
| milk | milk | milk | milk | |
| fruit | fruit | fruit | fruit | |

*VEGETARIAN OPTION: One or more of the following: cheese, yogurt, eggs, veggie burger, soy beans

FRESH FRUIT=bananas, apples, grapes, oranges, strawberries, kiwi and melon

VEGGIES=carrots, cucumbers, broccoli, greenbeans, celery and soy beans

MEAT=chicken or turkey