

# October MENU



Grace Episcopal School shops weekly for the freshest fruits from our local community grocery vendors. Our healthy meal & snack choices are prepared on site, every day. In the event your child has dietary restrictions, feel free to pack flavorful food from home or we may be able to provide options.

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 10/4-10/8	AM Snack	Waffles, Applesauce and Whole Milk	French Toast, Yogurt, and Whole Milk	Mini Croissant, Bacon, Banana and Whole Milk	Strawberry Pop Tart, Little Smokies, and Whole Milk	Oatmeal, Sausage Whole Milk
	Lunch	Meatballs, Rice, Green Beans, and Whole Milk	Chicken Nuggets, Mash Potatoes, Mixed Vegetables, and Whole Milk	Spaghetti w/ Meatsauce, Peas, Diced Peaches, Crackers, and Whole Milk	Chicken Rice Soup w/ Vegetables, Toast, Madarian Oranges, and Whole Milk	Beef Enchiladas, Corn, Rice, and Whole Milk
	PM Snack	Graham Crackers w/ Cream Cheese and Water	Banana and Water	Jell-O and Water	Sliced Apples and Water	Chez-It and Water
<b>Week 2</b> 10/11-10/15	AM Snack	Blueberry Muffin, Applesauce, and Whole Milk	Sausage and Biscuit, Yogurt and Whole Milk	Pancakes, Bacon and Whole Milk	Cheese Toast, Sliced Apples, and Whole Milk	Nutri Grain Cereal Bar, Little Smokies, and Whole Milk
	Lunch	Steak Fingers, Mac-n-Cheese, Carrots, and Whole Milk	Chicken Tenders, Mash Potatoes, Peas, and Whole Milk	Beef Picadillo w/ Rice, Vegetables, Diced Pears, and Whole Milk	Chicken Orzo Soup w/ Vegetables, Crackers, Peaches, and Whole Milk	Hot Dog w/ Chili, Veggie Chips, Mixed Fruit and Whole Milk
	PM Snack	Animal Crackers and Water	Mixed Fruit Cup and Water	Chex Mix and Water	Sliced Cataloupe and Water	Ritz Bitz and Water
<b>Week 3</b> 8/16-8/20	AM Snack	Oatmeal w/ Raisins, Sausage and Whole Milk	Tootie Fruit Cereal, Yogurt and Whole Milk	Mini Cinnamon Roll, Mandarin Oranges, Little Smokies and Whole Milk	French Toast, Fruit Cup and Whole Milk	Mini Crossant, Sausage, Diced Pears, and Whole Milk
	Lunch	Chili Mac, Green Beans, Diced Pears, Crackers, and Whole Milk	Grilled Chicken, Mashed Potatoes Peas, and Whole Milk	Beef Soup w/ Vegetables, Rice, Corn Bread, and Whole Milk	Chicken Nuggets, Mac-n-Cheese, Mixed Vegetables, and Whole Milk	BBQ on Bun, Baked Beans, Diced Peaches, and Whole Milk
	PM Snack	Ritz w/ String Cheese and Water	Banana and Water	Banana Pudding and Water	Sliced Cantaloupe and Water	Mini Pretzel and Water
<b>Week 4</b> 10/25-10/29	AM Snack	Waffles, Diced Peaches and Whole Milk	Multigrain Cereal Bar Yogurt, and Whole Milk	Blueberry Muffin, Banana and Whole Milk	Cheese Toast, Little Smokies, and Whole Milk	Oatmeal w/ Rasins, Sausage, and Whole Milk
	Lunch	Meatballs, Rice, Green Beans, and Whole Milk	Chicken Tenders, Mashed Potatoes Carrots, and Whole Milk	Red Beans w/ Sausage, Rice Corn Bread, and Whole Milk	Grilled Chicken, Mac-n-Cheese Mixed Vegetables, and Whole Milk	Mini Corn Dogs, Baked Beans, Diced Peaches, and Whole Milk
	PM Snack	Goldfish and Water	Chunk Pineapple and Water	Nachos w/ Cheese and Water	Apple Slices and Water	Rice Crispy Treat and Water
<b>Week 5</b>	AM Snack					