OCTOBER 2022

CCLC

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast	3 Cereal, Fresh Fruit, & Milk	4 English Muffin, Fresh Fruit, & Milk	5 Cereal, Fresh Fruit, & Milk	6 Bagel w/ Cream Cheese, Fresh Fruit, & Milk	7 No School Cereal, Fresh Fruit, & Milk
	Lunch	Cajun Chicken & Rice, California Vegetable, Applesauce, & Milk	Cheese Tortellini, Green Beans, & Pears, & Milk	Macaroni & Cheese, Peas, Mandarin Oranges, & Milk	Potato Broccoli Cheese Soup, Crackers, & Peaches, & Milk	Chicken Patty on Bun, French Fries, Fruit Cocktail, & Milk
	PM Snack	Cheese Cubes, Crackers, & Water	Gradettos, & Juice	Chocolate Chip Cookie, & Milk	Peanut Butter Crackers, & Juice	Goldfish, & Milk
Week 2	Breakfast	10 No School Cereal, Fresh Fruit, & Milk	11 Pre K Field Trip Breakfast Quesadilla, Fresh Fruit, & Milk	12 Cereal, Fresh Fruit, & Milk	13 Pancake, Fresh Fruit, & Milk	14 Cereal, Fresh Fruit, & Milk
	Lunch	Chicken Fettuccini Alfredo, Broccoli, Mandarin Oranges, & Milk	Tacos, Corn, Pineapple, & Milk	Sweet & Sour Chicken w/ Rice, Mixed Vegetables, Pears, Milk	Lasagna, Salad, Fruit Cocktail, & Milk	Chicken Bacon Ranch Wrap, Vegetable Sticks, Grapes, & Milk
	PM Snack	Yogurt, Granola, & Water	Pretzel Goldfish, & Juice	Cheese Its, & Juice	Wheat Thins, w/ Cream Cheese Dip, & Water	Cinamania, & Milk
Week 3	Breakfast	17 Cereal, Fresh Fruit, & Milk	18 Cinnamon Raisin Toast, Fresh Fruit, & Milk	19 Pre K Field Trip Cereal, Fresh Fruit, & Milk	20 Sausage Biscuit & Gravy, Fresh Fruit, & Milk	21 Cereal, Fresh Fruit, & Milk
	Lunch	BBQ Chicken on Bun, Sweet Corn Casserole, Tropical Fruit, & Milk	Sausage Parma Rosa, Green Beans, Pears, & Milk	Burritos, Corn, Mandarin Oranges, & Milk	Chicken Rice a Roni Casserole, Peas, Peaches, & Milk	Hot Dog on Bun, Baked Beans, Pineapple, & Milk
	PM Snack	Smores Mix, & Milk	Pretzels, & Juice	String Cheese, Crackers, & Water	Cottage Cheese, Veg. Straws, & Water	Granola Bar, & Milk
Week 4	Breakfast	24 Cereal, Fresh Fruit, & Milk	25 Scrambled Eggs, Toast, Fresh Fruit, & Milk	26 Cereal, Fresh Fruit, & Milk	27 Breakfast Pumpkin Muffin, Fresh Fruit, & Milk	28 Cereal, Fresh Fruit, & Milk
	Lunch	Breakfast Sandwich, Hashbrown, Applesauce, & Milk	Beef Stroganoff, Peas, Pears, & Milk	Chicken Nuggets, Mashed Potato, Peaches, & Milk	Chicken Bacon Ranch Pasta, California Vegetable, Mandarin Oranges, & Milk	Brains & Eyeballs, (spaghetti n meatballs) Green Beans, Pineapple, & Milk
	PM Snack	Cheese Crackers, & Juice	Chex Mix, & Juice	Tortilla Chips, Cheese Sauce, & Water	Vanilla Wafers, & Milk	Nutrigrain Bar, & Milk