

Monday

Tuesday

Wednesday

Thursday

Friday

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



4

5

6

7

8

11

12
*Chicken & Cheese Sandwich
*Turkey & Cheese Croissant
*Yogurt Grab N' Go
PP Veggie Juice
Raspberry-Lemonade Craisins

13
*Pepperoni Pizza
Garden Salad
100% Fruit Juice

14
*Citrus Chicken & WG Rice
*Buffalo Chicken Salad
*Yogurt Grab N' Go
Celery
100% Fruit Juice

15
*Chicken Taquitos
*Chopped Chef Salad
*Yogurt Grab N' Go
Elote Salad
Watermelon Applesauce

18
*Hamburger
*Un crustable PB&J
*Peanut Butter Grab N' Go
Pickle
Pear

19
*Cheesy Lasagna w/ Breadstick
*Turkey & Cheese Croissant
*Peanut Butter Grab N' Go
GR Veggie Juice
Gala Apple

20
*Pepperoni Pizza
Garden Salad
100% Fruit Juice

21
*Chicken Alfredo w/ Peas
*Buffalo Chicken Salad
*Peanut Butter Grab N' Go
Sweet & Sassy Pea Salad
Peaches & Strawberries

22
*Walking Taco
*Chopped Chef Salad
*Peanut Butter Grab N' Go
Go'Bonzos
Spiced Apples

25
*Frijoles Con Queso w/ RF Rounds
*Un crustable PB&J
*Protein Grab N' Go
Go'Bonzos
100% Fruit Juice

26
*Chicken Nuggets w/ Honey Graham Crackers
*Turkey & Cheese Croissant
*Protein Grab N' Go
Elote Salad
Sour Apple Applesauce

27
*Pepperoni Pizza
Garden Salad
Dole Mixed Fruit Cup

28
*Chicken Pot Pie w/ WG Biscuit
*Buffalo Chicken Salad
*Protein Grab N' Go
Carrots
Pear

29
*Hot N' Sweet Popcorn
Chicken w/ Graham Crackers
*Chopped Chef Salad
*Protein Grab N' Go
Sweet Potato Tots
Watermelon Applesauce

