

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Whole Wheat Goldfish Apple Slices	2 
3 S n	4 Cheese Sauce /Salsa Nachos Fruit Juice	5 Chex Mix Bananas	6 Whole Grain Goldfish Grape Juice	7 Tossed Salad Wheat Thins	8 Whole Wheat Tortilla Cheese Slices Apple Juice	
10 a c	11 Pretzels Apple Juice	12 Graham Crackers Fruit Punch	13 Cheese Crackers Grape Juice	14 Whole wheat Saltines Sliced Cucumbers Water	15 Sliced Apples Triscuit Crackers Water	16
17 k	18 Cheese -Its Grape Juice	19 Sun Chips Grape Juice	20 Cheerios Bananas	21 Carrots / Celery Sticks Wheat Thins	22 Graham Crackers Peaches	23
24	25 Cheese Crackers Apple Juice 	26 Pretzels Grape Juice	27 Turkey Slices Wheat Thins Apple Juice	28 Tossed Salad Ritz Crackers Water	29 Fresh Oranges Whole Grain Goldfish	30 
31		This institution is an equal opportunity Provider			Notes:	