

October

Weekly Meal Plan

	BREAKFAST	LUNCH	PM SNACK	SUPPER
MONDAY 23rd	Whole Milk Low-fat Milk Wheaties, Bananas	Whole Milk Low-fat Milk Bread, Apples, Corn, Ground Beef	Pretzels, Apple Juice	Whole Milk Low-fat Milk Macaroni Pasta, Mandarins, Mixed Vegetables, Beef Franks
TUESDAY 24th	Whole Milk Low-fat Milk Flour Tortillas, Pinto Beans, Eggs	Whole Milk Low-fat Milk Bread, Potatoes, Peas & Carrots, Chicken Drumsticks	Saltine Crackers, Apple Juice	Whole Milk Low-fat Milk Penne Pasta, Grapes, Cucumbers, Yogurt
WEDNESDAY 25th	Whole Milk Low-fat Milk Rice Krispies, Strawberries	Whole Milk Low-fat Milk Dinner Rolls, Applesauce, Broccoli, Chicken Breast	Goldfish Crackers, Apple Juice	Whole Milk Low-fat Milk Dinner Rolls, Fruit, Peas & Carrots, Chicken Breasts
THURSDAY 26th	Whole Milk Low-fat Milk Blueberries, Yogurt	Whole Milk Low-fat Milk Nachos, Tomatoes, Pinto Beans, Ground Beef	Ritz Crackers, Apple Juice	Whole Milk Low-fat Milk Bread, Raisins, Celery, Cheese
FRIDAY 27th	Whole Milk Low-fat Milk Applesauce	Whole Milk Low-fat Milk Bread, Mangoes, Peas and Carrots, Chicken Breast	Graham Crackers, Apples	Whole Milk Low-fat Milk Bread, Pickles, Tomatoes, Tuna