

## Snack and Lunch Menu – October 2018 (Roanoke)

### Twaddlers (if on table food) – Schoolers



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>AM Snack:</b> Kix cereal, seasonal fruit, milk</p> <p><b>Lunch:</b> Shepherd's pie, sweet corn, grapes, saltine crackers, milk</p> <p><b>PM Snack:</b> Veggie sticks, cheese cubes, water</p>	<p>2 Waffles w/ butter &amp; 100% orange juice</p> <p>Chicken taquitos, ranch style beans, Spanish rice w/ sweet peas, orange smiles, milk</p> <p>Ritz crackers w/ SunButter, water</p>	<p>3 Cinnamon rolls &amp; milk</p> <p>Tater tot casserole, green beans, grapes, Ritz crackers, milk</p> <p>Baked pretzel Goldfish/pretzel crisps, raisins, water</p>	<p>4 Chewy chocolate chip granola bar (w/ whole grains) &amp; milk</p> <p>Baked fish sticks, sweet corn, peaches, Club crackers, milk</p> <p>Chex Mix, apple slices, water</p>	<p>5 Fruity Cheerios, banana slices &amp; milk</p> <p>Beef hot dogs, French fries, apple slices, pumpkin pie, milk</p> <p>Chef's choice, mixed fruit salad (from week) w/ cool whip, water</p>
<p>8 Honeycombs, seasonal fruit &amp; milk</p> <p>White meat chicken nuggets, mashed potatoes, fruit cocktail, Club crackers, milk</p> <p>Whole grain Goldfish, mozzarella cheese stick, water</p>	<p>9 French toast sticks &amp; milk</p> <p>Mac n' cheese w/ lil' smokies, green beans, cantaloupe, milk</p> <p>Graham crackers, Mott's Medleys fruit snacks (made w/ real fruit &amp; veggie juice) &amp; H2O</p>	<p>10 Yummy biscuits w/ butter &amp; 100% fruit juice (variety)</p> <p>Soft beef tacos w/ lettuce &amp; cheese, sweet corn, fresh fruit, baked chips, milk</p> <p>Rice Krispies Treats, tropical fruit, water</p>	<p>11 Cinnamon raisin bread, mango &amp; milk</p> <p>Spaghetti w/ meat sauce, baked cheesy bread, green beans, pineapple tidbits, milk</p> <p>Austin crackers filled with cheddar cheese, water</p>	<p>12 Mini pancakes, turkey bacon &amp; milk</p> <p>Corn dogs, mixed veggies, fruit cocktail, baked chips, milk</p> <p>Chef's choice, mixed fruit salad (from week) w/ cool whip, water</p>
<p>15 Nutri-Grain Bar (fruit filled bar) &amp; milk</p> <p>Chicken &amp; cheese quesadillas, refried beans, corn chips, pineapple tidbits, milk</p> <p>Cheez-It crackers, Cuties oranges/orange smiles</p>	<p>16 Cheerios (variety), banana slices/fresh fruit &amp; milk</p> <p>Pig in a blanket (lil' frank in a yummy croissant), garden salad w/ ranch dressing, orange slices, milk</p> <p>Wheat Thins w/ SunButter, apple slices, water</p>	<p>17 Cinnamon rolls, raisins &amp; milk</p> <p>Chicken spaghetti, green beans, fruit cocktail, milk</p> <p>Baked pretzel Goldfish, cheese stick/slice, water</p>	<p>18 Ritz crackers, cantaloupe &amp; milk</p> <p>Sloppy joe sandwiches, french fries, grapes, milk</p> <p>Teddy Grahams, yogurt (w/ no high fructose corn syrup), water</p>	<p>19 Waffles w/ butter &amp; 100% orange juice</p> <p>Ham and cheese sandwich (served on 100% WHOLE GRAIN BREAD), baked chips, pickles, fruit cup, milk</p> <p>Chef's choice, mixed fruit salad (from week) w/ cool whip, water</p>
<p>22 Fruit Loops &amp; yogurt (no high fructose corn syrup)</p> <p>Eckrich sausage, penne pasta w/ Alfredo sauce &amp; sweet peas, applesauce, saltine crackers, milk</p> <p>Veggie sticks, mozzarella cheese stick, water</p>	<p>23 Mini pancakes w/ banana slices &amp; milk</p> <p>Turkey and cheese sliders, green beans, peaches, milk</p> <p>Oatmeal cookies, Motts Medleys fruit snacks (made w/ real fruit &amp; veggie juice) &amp; H2O</p>	<p>24 Yummy biscuits w/ butter &amp; 100% fruit juice (variety)</p> <p>White meat chicken nuggets, mashed potatoes, fresh fruit, milk</p> <p>Rice Krispies Treats, tropical fruit, water</p>	<p>25 Seasonal fruit muffins &amp; milk</p> <p>Chessy beefaroni, steamed mixed vegetables, cantaloupe, milk</p> <p>Saltine crackers, cheddar cheese slice, water</p>	<p>26 Jimmy Dean sausage biscuits &amp; 100% apple juice</p> <p>PB&amp;J (served on 100% WHOLE GRAIN BREAD and SunButter in place of peanut butter), carrot slivers &amp; ranch dressing, apple slices, baked chips, milk</p> <p>Chef's choice, mixed fruit salad (from week) w/ cool whip, water</p>
<p>9 French toast sticks &amp; milk</p> <p>Mac n' cheese w/ lil' smokies, green beans, peaches, milk</p> <p>Graham crackers, Mott's Medleys fruit snacks (made w/ real fruit &amp; veggie juice) &amp; H2O</p>	<p>30 Cheerios (variety), banana slices &amp; milk</p> <p>Chicken taquitos, ranch style beans, rice w/ sweet peas, fruit cocktail, milk</p> <p>Chewy chocolate chip granola bar (w/ whole grains), water</p>	<p>31 Cinnamon raisin bread, raisins &amp; milk</p> <p>Pizza rolls, sweet corn, mixed fruit, milk</p> <p>Baked pretzel Goldfish, cheese stick/slice, water</p>	<p>1 Ritz crackers, cantaloupe &amp; milk</p> <p>Ham and cheese croissants, french fries, grapes, milk</p> <p>Austin crackers filled with cheddar cheese, water</p>	<p>2 Mini pancakes, seasonal fruit &amp; milk</p> <p>Corn dogs, mixed veggies, pumpkin pie, baked chips, milk</p> <p>Chef's choice, mixed fruit salad (from week) w/ cool whip, water</p>

\*Milk is offered with AM snack & served at lunch. Whole milk is served to children 2 years and younger; 1% milk is served to children 3 years and older.

\*\*Fresh, seasonal fruit can be: fresh pineapple, fresh berries, watermelon, kiwi, peaches, mango, etc. At times, 100% fruit juice is served (only to children 12 mos. & older) in place of fresh/seasonal fruit. This will be noted on the menu.

\*\*\*In order to be less wasteful, "Chef's choice!" on Fridays is defined as "left over" A.M. or P.M. snacks from the current week (defined on posted menu).