

October

2019

September						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November						
S	M	T	W	T	F	S
						1 2
	3	4	5	6	7	8 9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
Chen	Chen	Chen	Chen	Chen
Pears, Waffles , 1% Milk	Banana, Cracker, 1% Milk	Wheat Thins, Pears, 1% Milk	Orange, Honey Maid, 1%Milk	Apple Wheat Thins, 1%Milk
WG Sandwich, Peanut Butter, Salami, Avacado, Apple, 1%Milk	Tomato stir-fried egg w/ rice, pear, 1%Milk	Pumpkin Soup wi/ Sausage slice, Melon,1%Milk	Pasta w/ Meat, Tomato, Broccoli, Blueberry, 1% Milk	Dumplings w/ Meat and Vegetables, Orange, 1% Milk
Cucumber, Ritz Crackers	Yogurt, Baby Carrot	Tortilla Chips, Apple Slice	Apple, Animal Cracker	Honey Maid, Celery Sticks
7	8	9	10	11
Chen	Chen	Chen	Chen	Chen
Grape, Wheat Cereal, 1% Milk	Banana,Waffle, 1% Milk	Wheat Thins, Apple, 1% Milk	WG Toast, Orange, 1% Milk	Dinnerroll, Orange, 1% Milk
WG Toast, Edamame , Ham, Melon, 1% Milk	Fried Rice w/ Eggs, Seaweed, Vegetables, Pear 1%Milk	French Onion Soup w Turkey, Bread, Melon, 1%Milk	Mac&Cheese, Celery Sticks, Apple, 1%Milk	Pizza w/ Pep, Melon, 1%Milk
Baby Carrot, Tortilla Chips	Cheese Slice, Watermelon	Animal Cracker, Orange	Melon, Cheezit	Honey Maid, Grapes
14	15	16	17	18
Chen	Chen	Chen	Chen	Chen
Grapes, Waffle, 1% Milk	Pancake, Apple, 1% Milk	Orange, WG Cracks, 1% Milk	Honey Maid, Pears, 1% Milk	Wheat Thins, Apple, 1% Milk
WG Sandwich w Peanutbutter, Broccoli, Sausage, Apple, 1%Milk	Curry Beef w/ Carrot, Potato, Celery, Rice, Honeydew, 1% Milk	Chicken Pumpkin Soup, Melon, 1% Milk	Pasta w/ Meat, Tomato, Broccoli, Apple, 1% Milk	Toufu stir-fried carrots and meat, Orange, 1% Milk
Cheese Slice, Banana	Celery, Animal Cracker	Banana, Animal Cracker	Ritz Crackers, Yogurt	Honey Maid, Celery Sticks
21	22	23	24	25
Chen	Chen	Chen	Chen	Chen
Wheat Thins, Banana, 1% Milk	Waffle, Apple, 1% Milk	Wheat Cereal, Grapes, 1% Milk	Animal Crackers, Orange, 1%Milk	Honey Maid, Apple, 1% Milk
WG Sandwich, Peanut Butter, Salami, Broccoli, Apple, 1%Milk	Cheese Quesadillas, Celery Sticks, Grapes, 1% Milk	Chicken Noodle Soup w/ Carrot, Potato, Honeydew, 1% Milk	Baked Potatoes, Broccoli, Fish Sticks, Apple, 1%Milk	Pizza w/ Pepperoni, Celery, Apple, 1%Milk
Baby Carrot, Ritz Cracker	Animal Cracker, Orange	Honey Maid, Apple	Tortilla Chips, Cheese Slice	Cucumber, Brezel
28	29	30	31	
Chen	Chen	Chen	Chen	
Waffle, Banana, Waffles	Pancake, Apple, 1% Milk	Orange, WG Cracks, 1% Milk	Honey Maid, Blueberries, 1% Milk	
WG Sandwich, Avacado, Ham, Grapes, 1% Milk	Curry Chicken w/ Carrot, Potato, Celery, Rice, Honeydew, 1% Milk	Chicken Pumpkin Soup, Melon, 1% Milk	Pasta w/ Meat, Tomato, Broccoli, Apple, 1% Milk	
Apple, Craker	Celery, Animal Cracker	Banana, Animal Cracker	Ritz Crackers, Yogurt	