




OCTOBER

Cold

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
			1 Grape PB&J String Cheese Carrots Berry Cup	2 PB&J or Deli String Cheese Carrots Juice	Menus are very subject to change as availability of food changes Milk Options: 1% or Chocolate Breakfast - \$1.50 Reduced - \$.30 Lunch - \$2.50 Reduced - \$.40 After School Snacks FREE (Only students participating in an after school class that day) Adults - \$1.00 Extra milk/water-\$.25 Please check your Aspire SIS account to see if your meal account is in the GREEN! This Institution is an Equal Opportunity Provider
5 Strawberry PB&J Yogurt Broccoli Applesauce	6 Grape PB&J String Cheese Cucumbers Tropical Fruit Cup	7 Strawberry PB&J Yogurt Carrots Juice	8 Grape PB&J String Cheese Carrots Fruit Snacks	9 PB&J or Deli String Cheese Cucumbers Dried Fruit	
12 Grape PB&J String Cheese Celery Apple	13 Strawberry PB&J String Cheese Broccoli Juice	14 Deli String Cheese Carrots Pears	15 	16 	
19 Strawberry PB&J String Cheese Carrots Pears	20 Grape PB&J Yogurt Broccoli Orange	21 Strawberry PB&J String Cheese Cucumbers Orange	22 Grape PB&J Yogurt Carrots Berry Cup	23 PB&J or Deli String Cheese Carrots Applesauce	
26 Grape PB&J String Cheese Carrots Applesauce	27 Strawberry PB&J String Cheese Cucumbers Juice	28 Deli Yogurt Broccoli Pears	29 Grape PB&J String Cheese Carrots Raisels	30 PB&J or Deli String Cheese Cucumbers Frozen Fruit Cup	