



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/01/2018</p> <p>Sweet Potato Waffles Maple Syrup Fresh Pears Choice of Milk</p>	<p>10/02/2018</p> <p>Wheat Bagels Cream Cheese Fresh Green Apples Choice of Milk</p>	<p>10/03/2018</p> <p>White WG Loaf Scrambled Eggs Apple Juice Choice of Milk</p>	<p>10/04/2018</p> <p>WW Banana Bread Cheese Stick Apple Juice Choice of Milk</p>	<p>10/05/2018</p> <p>Cereal Bananas Choice of Milk</p>
<p>10/08/2018</p> <p>NO SCHOOL TODAY</p>	<p>10/09/2018</p> <p>Wheat Bagels Cream Cheese Fresh Green Apples Choice of Milk</p>	<p>10/10/2018</p> <p>Yogurt Parfaits &amp; Granola Apple Juice Choice of Milk</p>	<p>10/11/2018</p> <p>WW Zucchini Choco Bar Go Gurts Fresh Oranges Choice of Milk</p>	<p>10/12/2018</p> <p>Whole Grain Waffles Maple Syrup Fresh Pears Choice of Milk</p>
<p>10/15/2018</p> <p>Wheat Bagels Cream Cheese Fresh Red Apples Choice of Milk</p>	<p>10/16/2018</p> <p>Yogurt Parfaits &amp; Granola Apple Juice Choice of Milk</p>	<p>10/17/2018</p> <p>Whole Grain Waffles Fresh Green Apples Choice of Milk Maple Syrup</p>	<p>10/18/2018</p> <p>WW Apple Cinnamon Muffin - 4.5 oz Cheese Stick Oranges Choice of Milk</p>	<p>10/19/2018</p> <p>Cereal Bananas Choice of Milk</p>
<p>10/22/2018</p> <p>Blueberry Bread Pudding Maple Syrup Apple Juice Choice of Milk</p>	<p>10/23/2018</p> <p>WW Banana Bread Cheese Stick Apple Juice Choice of Milk</p>	<p>10/24/2018</p> <p>Egg Burrito made with ww tortilla Fresh Pears Choice of Milk</p>	<p>10/25/2018</p> <p>Yogurt Parfaits &amp; Granola Seedless Grapes Choice of Milk</p>	<p>10/26/2018</p> <p>NO SCHOOL TODAY</p>
<p>10/29/2018</p> <p>Wheat Bagels Cream Cheese Fresh Green Apples Choice of Milk</p>	<p>10/30/2018</p> <p>Cereal Bananas Choice of Milk</p>	<p>10/31/2018</p> <p>Apple Crumble Fresh Pears Choice of Milk</p>	<p>11/01/2018</p> <p>Whole Grain Waffles Maple Syrup Fresh Oranges Choice of Milk</p>	<p>11/02/2018</p> <p>Turkey Patty and Biscuit Fresh Red Apples Syrup Choice of Milk</p>

**MILK: Choice of unflavored 1% or skim milk. ONE CUP FRESH FRUIT available daily. DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V) options available daily upon request. ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE: (SEPT) watermelon, tomatoes, blackberries, raspberries, beets, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, cabbage, nectarines, spinach, eggplant, pears, apples, sweet potatoes, potatoes, grapes and carrots (OCT) Beets, butternut squash, peppers, squash, pumpkin, green beans, carrots, broccoli, eggplant, sweet potatoes, potatoes, cabbage, pears, apples, cauliflower, and kale. (NOV) Beets, butternut squash, carrots, broccoli, sweet potatoes, cabbage, pears, apples, cauliflower, potatoes, and kale.**

**WG = Whole Grain WW = Whole Wheat**