

ECP OCT 2024

MENU

monday	tuesday	wednesday	thursday	friday
	1 banana, ceareal, 1% milk ... beef taco, black beans, rice, cheddar, sour cream, peaches	2 watermelon, muffins, 1% milk ... waffles, sausage links, sweet potato tots, mandarin oranges	3 cantaloupe, yogurt, 1% milk ... turkey and cheddar on wheat, peas, applesauce	4 banana, ceareal, 1% milk ... cheese pizza, carrots, pears
7 apple, ceareal, 1% milk ... chicken nuggets, green beans, mandarin oranges	8 banana, cereal bar, 1% milk ... chicken burrito bowl, black beans, rice, cheddar, sour cream, peaches	9 honey dew, muffins, 1% milk ... pancakes, sausage links, sweet potato tots, pears	10 pineapple, yogurt, 1% milk ... pierogies, carrots, applesauce	11 banana, ceareal, 1% milk ... cheese pizza, broccoli, mandarin oranges
14 apple, cereal, 1% milk ... lago meatball subs, green beans, peaches	15 banana, cereal bar, 1% milk ... turkey and cheddar on wheat, carrots, applesauce	16 watermelon, muffins, 1% milk ... waffles, sausage links, sweet potato tots, mandarin oranges	17 oranges, yogurt, 1% milk ... chicken nuggets, peas, applesauce	18 banana, ceareal, 1% milk ... cheese pizza, broccoli, peaches
21 apple, cereal, 1% milk ... bbq pulled pork on bun, carrots, pears	22 banana, cereal bar, 1% milk ... cheese quesadilla, black beans, rice, sour cream, mandarin oranges	23 honey dew, muffins, 1% milk ... pancakes, sausage links, sweet potato tots, applesauce	24 watermelon, yogurt, 1% milk ... chicken nuggets, peas, peaches	25 banana, ceareal, 1% milk ... cheese pizza, broccoli, peaches
28 apple, cereal, 1% milk ... turkey and cheddar on wheat, peas, mandarin oranges	29 banana, cereal bar, 1% milk ... chicken burrito bowl, black beans, rice, cheddar, sour cream, pears	30 watermelon, muffins, 1% milk ... waffles, sausage links, sweet potato tots, applesauce	31 pineapple, yogurt, 1% milk ... cheeseburger on bun, peas, peaches	

