

# October Supper 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3)</b> SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) OR TRAIL MIX (1oz) JUICE (1/2 Cup)	<b>4)</b> NACHOS OR SOFT PRETZEL WG (2oz) NACHO CHEESE (1oz) SUN FLOWER SEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	<b>5)</b> MUFFINS WG (3oz) COTTAGE CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup) OR FRUIT CUP (4OZ)	<b>6)</b> MINI BAGELS W/CREMA CHEESE WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS OR TRAIL MIX (1oz) JUICE (1/2 Cup) OR FRUIT CUP (4 OZ)	<b>7)</b> PB&J WG (2.6 oz.) YOGURT (4oz) JUICE (4oz)
<b>10)</b> PITA CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	<b>11)</b> PRETZEL OR NACHOS WG (2oz) NACHO CHEESE (1oz) SUN FLOWER SEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	<b>12)</b> MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) BANANA 1 EACH	<b>13)</b> BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	<b>14)</b> PB&J WG (2.6 oz.) YOGURT (4oz) JUICE (4oz)
<b>17)</b> SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	<b>18)</b> NACHOS WG (2oz) NACHO CHEESE (1oz) SUN FLOWER SEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	<b>19)</b> MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) KIWI (1/2 Cup)	<b>20)</b> PUMPKIN BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	<b>21)</b> BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)
<b>24)</b> PITA CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	<b>25)</b> <b>PRETZEL OR NACHOS</b> WG (2oz) NACHO CHEESE (1oz) PEANUTS(1oz) CHS. STICK (1oz.) ORANGES (1/2 Cup)	<b>26)</b> MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	<b>27)</b> BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	<b>28)</b> PB&J WG (2.6 oz.) YOGURT (4oz) JUICE (4oz)
<b>31)</b> BUTTER MILK BAR WG (3.5oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)		<b>VEGETABLES OFFERED ARE BROCCOLI, CARROTS, CUCUMBER SLICES, CELERY, CAULIFLOWER OR SALAD W/ BEANS</b>	<b><u>DAILY MILK CHOICES</u></b>  <b>1% WHITE NON FAT CHOCOLATE</b>	

