

# OCTOBER

# MENU

<b>2.</b> Breakfast: Yogurt w/ granola, fresh fruit & milk Lunch: Grilled Turkey & Cheese Sandwich w/ veggies & milk Veggie Option: Cheese Sandwich PM Snack: Apple Sauce	<b>3.</b> Breakfast: Breakfast Muffins w/ fresh fruit & milk Lunch: Chicken Pot Pie w/ veggies & milk Veggie Option: Veggie Pot Pie PM Snack: Mini Pizza	<b>4.</b> Breakfast: Eggs & Toast w/ fresh fruit & milk Lunch: Chicken Noodle Soup w/ crackers, veggies & milk Veggie Option: Veggie Noodle Soup PM Snack: Oat Bars	<b>5.</b> Breakfast: Pancakes w/ fresh fruit & milk Lunch: Sloppy Joe w/ fries, veggies & milk Veggie Option: Protein sub PM Snack: Pretzels w/ cheese	<b>6.</b> Breakfast: Bagels w/ cream cheese, fresh fruit & milk Lunch: Fish Sticks w/ veggies & milk Veggie Option: Protein Sub PM Snack: Vanilla Wafers
<b>9.</b> Breakfast: Cheese Toast w/ fresh fruit & milk Lunch: Chicken Quesadilla w/ veggies & milk Veggie Option: Cheese Quesadilla PM Snack: Veggie Sticks	<b>10.</b> Breakfast: Cinnamon Rolls, fresh fruit & milk Lunch: Turkey & Spinach Caesar Pita Pocket w/ veggies & milk Veggie Option: Spinach Pita Pocket PM Snack: Cheese & Crackers	<b>11.</b> Breakfast: French Toast, fresh fruit & milk Lunch: Baked Chicken w/ veggies, a roll & milk Veggie Option: Protein Sub PM Snack: Muffins	<b>12.</b> Breakfast: Oatmeal w/ fresh fruit & milk Lunch: Hamburgers w/ fries, veggies & milk Veggie Option: Veggie Burger PM Snack: Turkey & Cheese Sandwich	<b>13.</b> Breakfast: Biscuits, fresh fruit & milk Lunch: Chili w/ beans, crackers & milk Veggie option: Veggie Chili PM Snack: Yogurt w/ Fruit
<b>16.</b> Breakfast: Yogurt w/ granola, fresh fruit & milk Lunch: Cheese Ravioli w/ veggies & milk PM Snack: Apple Sauce	<b>17.</b> Breakfast: Breakfast Muffins, fresh fruit & milk Lunch: Frito Chili Pie w/ veggies & milk Veggie Option: Protein Sub PM Snack: Spider Cookies	<b>18.</b> Breakfast: Eggs & Toast w/ fresh fruit & milk Lunch: Chicken and Dumplings, veggies & milk Veggie Option: Veggie Burger PM Snack: Dirt Cup w/ Worms – Chocolate Pudding	<b>19.</b> Breakfast: Pancakes w/ fresh fruit & milk Lunch: Mummy Wraps- Pig in the Blanket (Turkey Franks) Veggie Option: Veggie Hot Dog PM Snack: Pretzels w/ Cheese	<b>20.</b> Breakfast: Bagels, fresh fruit & milk Lunch: Grilled Cheese w/ tomato soup, veggies & milk PM Snack: Harvest Hash
<b>23.</b> Breakfast: Cereal, fresh fruit & milk Lunch: Cheese Pizza, veggies & milk PM Snack: Veggie Sticks	<b>24.</b> Breakfast: Yogurt w/ granola, fresh fruit & milk Lunch: Fish Sticks w/ veggies & milk Veggie Option: Protein Sub PM Snack: Vanilla Wafers	<b>25.</b> Breakfast: French Toast Sticks, fresh fruit & milk Lunch: Spaghetti w/ veggies & milk PM Snack: Cheese & Crackers	<b>26.</b> Breakfast: Raisin Bread w/ fresh fruit & milk Lunch: Turkey & Cheese Sandwich w/ chips & milk PM Snack: Animal Crackers	<b>27.</b> Breakfast: Biscuits, fresh fruit & milk Lunch: Chicken Nuggets, Tator tots & milk Veggie Option: Protein Sub PM Snack: Yogurt w/ Fruit
<b>30.</b> Breakfast: Yogurt w/ Granola, fresh fruit & milk Lunch: Alfredo Pasta, veggies & milk PM Snack: Green Apple Sauce	<b>31.</b> Breakfast: Breakfast Muffins w/ fresh fruit & milk Lunch: Worms w/ eyeballs – Spaghetti and Meatballs w/ garlic bread & milk Veggie Option: Spaghetti TS PM Snack: Spooky Cheese Sticks & Crackers	<div>  <div> <h2>Oak Brook School</h2> <p>family owned since 2001</p> </div> </div>		