

T.L.A October 2020 Menu \* Whole Grain

Menu will change sometimes

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
B				*Waffles, Pears, Milk Cheese Stick	Kix,Bananas, Milk Raisins
L				*Mac & Cheese, Peas*Bread Peaches, Milk	Sausage & Biscuit Hash Brown, Pineapple,Milk
S				*Goldfish, Oranges, Water	*Animal Crackers Strawberry, Water
	5	6	7	8	9
B	French Toast, Pears,Yogurt, Milk	Raisins Toast, Applesauce, Milk Cheese Stick	*Cheerios, Raisins, Bananas, Milk	*Pancake String Cheese, Milk	*Bagel, Cream Cheese,Mixed Fruit Milk
L	Spaghetti, W/ Ground Beef,Celery Mixed Fruit, Milk	Chicken Nuggets, *Bread,Peaches Milk	Sausage & Biscuits Hash Brown, Blackberry, Milk	Chicken & *Rice Green Beans, Pineapple.Milk	Grilled Cheese,Carrots, Blueberry, Milk,
S	*Goldfish, Apples Water	SunChips, Cheese Water	*Graham Crackers, Water	*Animal Crackers Pears, Water	Oranges, Cheez-it Water
	12	13	14	15	16
B	*French Toast,Yogurt Pineapple, Milk	*Pancake,Peaches Yogurt, Milk	Bagel, Cream Cheese Bananas, Milk	*Waffles,Pears, Yogurt,Milk	Cheerios, Raisins Bananas, Milk
L	Grilled Cheese, Hash Brown, Peaches, Milk	*Lasagna, Corn, Pineapple, Milk	Chicken & Rice Green Beans, Oranges, Milk	*Meatball, Mash Potatoes, Peaches *Bread, Milk	Chicken Salad,On *Wheat Celery, Peaches Milk
S	*Animal Crackers Apples, Water	*Pretzel, Mixed Fruit ,Water	*Doughnut, Raspberry, Water	Wheat Crackers, Cheese Cube, Water	Cheez-it, Blueberry Water
	19	20	21	22	23
B	Bagel,Pears,Milk Cream Cheese	*Cheerios, Bananas Raisins, Milk	*Pancake,Pears Milk, Yogurt	*Waffles, Bananas Raisins, Milk	Kix,Raisins, Milk, Bananas
L	Turkey On *Wheat Carrots, Pineapple Milk	Ham & Cheese On *Wheat,Cucumbers, Pears,Milk	Chicken Nugget, Peas,Bread, MixedFruit,Milk	Meatball,Salad Pineapple, Milk Crackers	Quesadilla,Black Beans,Mango,Milk
S	Pretzel,Cheese Cube Water	Oranges, Graham Crackers, Water	*Animal Crackers, Apples,,water	*Sunchips,Cheese Stick, Water	Apples, Graham Crackers, Water
	26	27	28	29	30
B	Kix, Raisins,Pears Milk	*Pancake,Mixed Fruit Raisins, Milk	*Cheerios,Raisins Bananas, Milk ,	French Toast,Mixed Fruit, yogurt, Milk	TLA CLOSED
L	Chicken & Rice Lima Beans, Peaches, Milk	*Mac & Cheese, Green Beans, Oranges, Milk	Sausage & Biscuit Hash Brown,Blackberry, Milk	Sloppy Joe W/ *Buns Carrots, Mango, Milk	
S	*Crackers,Water Cheese Cube	*Pretzel, Apples, Water	*Sunchips, Water Blueberry	*Graham Crackers, Cheese, Water	

--	--	--	--	--	--