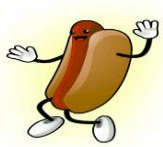
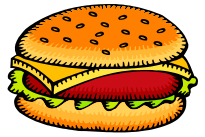
October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Breakfast served w/ juice, water, milk, yogurt and a granola bar.	
	**Lunch served w/ juice, water, fruit, vegetables and dessert.**	**Alternative lunches: PB&J, pasta, grilled cheese, chicken tenders or a hot dog.**	**Gluten free meals: Pasta, grilled cheese, hot dog, chicken tenders.**	**1** **Breakfast:** Bagel w/cream cheese. **Lunch:** Chicken parmesan sub w/chips.	**2** **Breakfast:** Waffles w/ syrup. **Lunch:** Pizza w/ carrot sticks w/dip.	**3**
4 **Gramon- Monday, Tuesday and every other Wednesday.**	**5** **Breakfast:** Pancakes w/syrup. **Lunch:** Hot dogs w/baked beans and fries.	**6** **Breakfast:** Breakfast muffin. **Lunch:** Pizza w/ cucumber and tomato salad.	**7** **Breakfast:** Cereal w/ milk. **Lunch:** Tortellini w/sauce and Italian bread.	**8** **Breakfast:** Breakfast muffin. **Lunch:** Hot dogs w/baked beans and fries.	**9** **Breakfast:** Pancakes w/syrup. **Lunch:** Pizza w/ cucumber and tomato salad.	**10** **Glenview- Thursday, Friday and every other Wednesday.**
11 	**12** **Breakfast:** French toast sticks w/syrup. **Lunch:** Fish sticks w/fries.	**13** **Breakfast:** Bagel w/cream cheese. **Lunch:** Pizza w/ vegetable sticks and dip.	**14** **Breakfast:** Cereal w/ milk. **Lunch:** Pasta marinara w/ garlic bread.	**15** **Breakfast:** Bagel w/ cream cheese. **Lunch:** Fish sticks w/ fries.	**16** **Breakfast:** French toast sticks & syrup. **Lunch:** Pizza w/vegetable sticks.	**17** 
18	**19** **Breakfast:** Waffles w/syrup. **Lunch:** Turkey & cheese wrap w/chips.	**20** **Breakfast:** Breakfast muffin. **Lunch:** Pizza with a salad.	**21** **Breakfast:** Cereal w/ milk **Lunch:** Mac & cheese w/ broccoli.	**22** **Breakfast:** Breakfast muffin. **Lunch:** Turkey & cheese wrap w/ chips.	**23** **Breakfast:** Waffles w/syrup. **Lunch:** Pizza with a salad.	**24**
25 	**26** **Breakfast:** Yogurt and a breakfast bar. **Lunch:** Chicken tenders w/fries.	**27** **Breakfast:** Bagel w/cream cheese. **Lunch:** Pizza w/ carrot sticks & dip.	**28** **Breakfast:** Cereal w/ milk. **Lunch:** Ravioli w/ marinara sauce and a dinner roll.	**29** **Breakfast:** Bagel w/cream cheese. **Lunch:** Chicken tenders w/fries.	**30** **Breakfast:** Yogurt and a breakfast bar. **Lunch:** Pizza w/ carrot sticks & dip.	**31**