



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Mac and Cheese  
Creamy Veg Soup  
Green Beans  
Fruit  
Milk

4

Meatballs  
Mashed Potatoes  
Fruit  
Juice

5

Pizza Bagels  
Baby Carrots  
Fruit  
Milk

6

Hamburgers  
Lettuce  
French Fries  
Fruit  
Juice

7

Cheese Ravioli  
Broccoli  
Fruit  
Milk  
Cookie

1

French Toast  
Yogurt  
Egg  
Fruit  
Milk

11

Taco  
Tortilla Chips & Salsa  
Lettuce  
Fruit  
Juice

12

Potato Pierogies  
Peas  
Fruit  
Milk

13

Chicken Nuggets  
Corn  
Fruit  
Juice

14

Baked Pasta  
Broccoli  
Fruit  
Milk  
Cookies

15

Baked Potato  
Sour Cream/Butter  
Cheese and Broccoli  
Fruit  
Milk

18

Hot Dog  
Baked Beans  
Fries  
Fruit  
Juice

19

Pasta w Cream Sauce  
Peas  
Fruit  
Milk

20

Chicken Sandwich  
Lettuce and Pickles  
Veggie  
Fruit  
Juice

21

Cheese Ravioli  
Peas  
Fruit  
Milk

22

Cheese Quesadilla  
Salsa/Sour Cream  
Fruit  
Milk

25

Chicken Nuggets  
French Fries  
Fruit  
Juice

26

Pasta with Cream Sauce  
Green Beans  
Fruit & Yogurt  
Milk

27

Chicken Schnitzel  
Mashed Potatoes  
Corn  
Fruit  
Juice

28

Pizza Bagel  
Baby Carrots  
Fruit  
Milk

29