

# Co-op Family Center

## October 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/1 Breakfast: Kix cereal, bananas, milk Lunch: Spaghetti, shredded cheese, zucchini, cantaloupe, milk Snack: Bean dip, pita chips, milk	10/2 Breakfast: Potato cheese pitas, oranges, milk Lunch: Grilled cheese sandwiches, carrot raisin salad, pears, milk Snack: Grapes, apples and kiwi, milk	10/3 Breakfast: Breakfast burritos, strawberries, milk Lunch: Fried rice with tofu bites, cauliflower and carrots, pineapple, milk Snack: Celery, raisins, peanut butter, milk	10/4 Breakfast: Cream of wheat, blueberries, milk Lunch: Broccoli cheddar soup, oyster crackers, cottage cheese, watermelon, milk Snack: Bran muffins, milk	10/5 Breakfast: Banana Pancakes, applesauce, milk Lunch: Mexican bean and pasta bake, cornbread, sweet potatoes, honeydew, milk Snack: Baby bell cheese, carrots, milk
10/8 Breakfast: Cheerios, bananas, milk Lunch: Pan fried noodles, tofu bites, carrots & snap peas, pineapple, milk Snack: Soft pretzels, milk	10/9 Breakfast: Three grain pancakes, blueberries, milk Lunch: Cheese quesadillas, black bean salad, watermelon, milk Snack: Green beans, broccoli, tomatoes, milk	10/10 Breakfast: Egg & cheese sandwich, oranges, milk Lunch: Minestrone soup, shredded cheese, wheat rolls, honeydew, milk Snack: Baked apples, milk	10/11 Breakfast: Waffles, strawberries, milk Lunch: One step rice, zucchini, cantaloupe, milk Snack: Pineapple biscuits, milk	10/12 Breakfast: Quinoa cereal, mixed berries, milk Lunch: Mac & cheese, peas carrots & corn, pears, milk Snack: Peanut butter banana roll-ups, milk
10/15 Breakfast: Corn Chex, bananas, milk Lunch: Arroz con Queso, pinto beans, green beans, watermelon, milk Snack: Garden spread, carrot sticks, Ritz crackers, milk	10/16 Breakfast: Scrambled eggs, hash browns, milk Lunch: Chili, shredded cheese, cornbread, cantaloupe, milk Snack: Grapes, pineapple & strawberries, milk	10/17 Breakfast: Oatmeal, blueberries, milk Lunch: Enchiladas, sweet potatoes, pears, milk Snack: Peanut butter dip with celery and pretzels, milk	10/18 Breakfast: Pumpkin pancakes, applesauce, milk Lunch: Twice baked potatoes, cottage cheese, sandwich thins, honeydew, milk Snack: Pizza bites, milk	10/19 Breakfast: Bagels, strawberries, milk Lunch: Tomato pasta soup, cheese sticks, grapes, milk Snack: Morning glory muffins, milk
10/22 Breakfast: Cornflakes, bananas, milk Lunch: Easy bake rigatoni, spaghetti squash, honeydew, milk Snack: Hard boiled eggs, Triscuits, water	10/23 Breakfast: French toast, blueberries, milk Lunch: Bean burritos, sweet potatoes, pears, milk Snack: Trail mix, orange juice	10/24 Breakfast: Egg & Cheese pita bites, oranges, milk Lunch: Mexican rice, savory black beans, zucchini, pineapple, milk Snack: Apples & peanut butter, milk	10/25 Breakfast: Blueberry pancakes, applesauce milk Lunch: Lentil soup, shredded cheese, wheat rolls, cantaloupe, milk Snack: Roasted potatoes, milk	10/26 Breakfast: Fruit enchiladas, milk Lunch: Pizza, garden spread, watermelon, milk Snack: Banana bread, milk
10/29 Breakfast: Kix cereal, bananas, milk Lunch: Baked ziti, zucchini, cantaloupe, milk Snack: Cheese ball, wheat thins, milk	10/30 Breakfast: English muffins, oranges, milk Lunch: Taco's with pinto beans and cheese, coleslaw, watermelon, milk Snack: Carrots, celery & baby bells, milk	10/31 Breakfast: Banana pancakes, strawberries, milk Lunch: Vegetable soup, breadsticks, cheese sticks, honeydew, milk Snack: Crunchy apple tortillas, milk	11/1 Breakfast: Yogurt, granola, mixed berries, milk Lunch: Vegetable fried rice, tofu bites, pineapple, milk Snack: Pumpkin bread, milk	11/2 Breakfast: Breakfast burritos, mangos, milk Lunch: Spinach lasagna, butternut squash, pears, milk Snack: Smoothies, pretzels, water

**The Co-op Family Center is an equal opportunity provider**