



Oak Forest

October 3 - 7

Day	Breakfast	AM Snack	Lunch	PM Snack	Late Snack
Monday	Breakfast Cart options available at Front Lobby 6:30 am - 8:00 am	Whole Grain Bagel, Cream Cheese, Fruit Spread	Turkey Lasagna, Vegetable Medley and Fruit ----- Spaghetti and Marinara Sauce	Blueberry Muffins	Graham Crackers
Tuesday		Whole Wheat Waffles and Berries	Chicken Nuggets, Green Beans and Fruit ----- Veggie Nuggets	Soft Pretzel and Marinara Sauce	Rice Cakes
Wednesday		Biscuits and Gravy	Meatballs with Brown Gravy, Mixed Veggies, Fruit ----- Sunbutter Sandwich	Cheese cubes and Turkey Pepperoni	Chex Mix
Thursday		Oatmeal with Fruit Topping	Cheese Quesadilla, Beans, Fruit	Orange Slices and Goldfish Pretzels	Animal Crackers
Friday		Apple Slices and Yogurt	Fettucini Alfredo, Green Beans, Garlic Toast, Fruit	Sunflower Butter and Apple Slices	Veggie Straws

* Whole milk will be served with AM Snack and Lunch for children 12 mos - 2 yrs

* 1% milk will be served with AM Snack and Lunch for children 3 yrs - 12 yrs

* Water will be served with PM Snack and Late Snack for all children



Oak Forest

October 10 - 14

Day	Breakfast	AM Snack	Lunch	PM Snack	Late Snack
Monday	Breakfast Cart options available at Front Lobby 6:30 am - 7:30 am	Waffles and Fruit	Fish Sticks with Mixed Vegetables and Fruit ----- Veggie Nuggets	Cheese Cubes and Turkey Pepperoni	Wheat Crackers
Tuesday		Biscuits and Turkey Sausage, Fruit	Cheese Ravioli, Broccoli and Fruit	Cinnamon Crackers and Applesauce	Pirate's Booty
Wednesday		French Toast with Berries	Chicken with Rice with Veggie Casserole ----- Rice with Veggie Casserole	Orange Slices and Goldfish Pretzels	Animal Crackers
Thursday		Grilled Cheese Sandwich	Turkey Wrap with Cucumbers and Fruit	Fruit Smoothie and Nilla Wafers	Goldfish
Friday		Oatmeal with Fruit	Cheese Pizza with Mixed Vegetables and Fruit	Cucumbers and Ranch	Veggie Straws

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Oak Forest

October 17 - 21

Day	Breakfast	AM Snack	Lunch	PM Snack	Late Snack
Monday	Breakfast Cart options available at Front Lobby 6:30 am - 7:30 am	Croissants with Cream Cheese and Fruit Spread	Meatballs with Brown Gravy, Mixed Veggies, Fruit ----- Veggie Nuggets	Banana Sunbutter Pinwheels	Veggie Straws
Tuesday		Cereal and Banana Slices	Spaghetti with ground turkey and sauce, Broccoli, Fruit ----- Spaghetti with tomato sauce	Breadsticks and Marinara Sauce	Chex Mix
Wednesday		Sunbutter with Fruit Spread Sandwich	Chicken Nuggets, Green Beans and Fruit ----- Sunbutter Sandwich	Naan Bread and Cheese Cubes	Goldfish
Thursday		Oatmeal with Berries	Mac and Cheese, Green Beans, Fruit	Chicken Salad and Ritz Crackers	Trail Mix
Friday		Waffles and Berries	Turkey Sloppy Joe, Sweet Potato Fries and Fruit ----- Meatless Sloppy Joe	Apple Slices and Yogurt Dip	Rice Cakes

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Oak Forest

October 24 - 28

Day	Breakfast	AM Snack	Lunch	PM Snack	Late Snack
Monday		Whole Grain Bagel, Cream Cheese, Fruit Spread	Bean and Cheese Burritos, Broccoli, and Fruit	Cucumbers with Ranch	Ritz Crackers
Tuesday		Cereal with Banana Slices	Turkey Mini Corn Dogs, Sweet Potato Fries, and Fruit ----- Veggie Nuggets	Fruit and Yogurt Parfait	Mini Nilla Wafers
Wednesday	Breakfast Cart options available at Front Lobby 6:30 am - 7:30 am	Turkey Sausage, Biscuit, Fruit Spread	Veggie Lasagna, Broccoli, Fruit	Orange Slices and Goldfish Pretzels	Chex Mix
Thursday		Pancakes and Berries	Cheeseburgers, Sweet Potato Fries, Fries ----- Veggie Burger	Applesauce and Graham Crackers	Goldfish
Friday		Croissants with Fruit Spread	Cheeseburgers, Sweet Potato Fries, Fries ----- Grilled Cheese Sandwich	Sunflower Butter and Apple Slices	Veggie Straws

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* Water will be served with PM Snack and Late Snack for all children