

OCTOBER MENU

FREE Snacks & Dinner for Members



Monday	Tuesday	Wednesday	Thursday	Friday
29 S: Sweet Potato Crisps, Diced Peaches D: Waffles, Egg Patties, Pears	30 S: Granola Bar, String Cheese D: Chicken Wraps, Corn, Diced Peaches	1 S: Diced Pears, Baby Carrots, Hummus D: Mac & Cheese, Carrots, Diced Pears	2 S: Clementines, Sun Butter, Celery Sticks D: Dino Nuggets, Peas, Sliced Apples	3 S: Pretzels, Baby Bel Cheese D: Pizza, Green Beans, Bananas
6 S: Goldfish, Sliced Apples D: Waffles, Egg Patties, Diced Pears	7 S: Yogurt, Mandarin Oranges D: Spaghetti & Meatballs, Carrots, Mandarin Oranges	8 S: Pita, Guacamole or Sun Butter, Baby Bel Cheese D: Sloppy Joes, Peas, Watermelon	9 S: Animal Crackers, Watermelon D: Hot ham & cheese, corn, sliced apples	10 S: Whole Wheat Crackers, Bananas D: Pizza, Green Beans, Bananas
13 S: Sweet Potato Crisps, Diced Peaches D: Waffles, Egg Patties, Apple Slices	14 S: Granola Bar, String Cheese D: Chicken Wraps, Corn, Diced Peaches	15 S: Diced Pears, Baby Carrots, Hummus D: Mac & Cheese, Carrots, Diced Pears	16 S: Clementines, Sun Butter, Celery Sticks D: Dino Nuggets, Peas, Sliced Apples	17 S: Pretzels, Baby Bel Cheese D: Pizza, Green Beans, Bananas
20 S: Goldfish, Sliced Apples D: Waffles, Egg Patties, Diced Pears	21 S: Yogurt, Mandarin Oranges D: Spaghetti & Meatballs, Carrots, Mandarin Oranges	22 S: Pita, Guacamole or Sun Butter, Baby Bel Cheese D: Sloppy Joes, Peas, Watermelon	23 S: Animal Crackers, Watermelon D: Hot ham & cheese, corn, sliced apples	24 TRADITIONAL CLUB CLOSED
27 S: Sweet Potato Crisps, Diced Peaches D: Waffles, Egg Patties, Apple Slices	28 S: Granola Bar, String Cheese D: Chicken Wraps, Corn, Diced Peaches	29 S: Diced Pears, Baby Carrots, Hummus D: Mac & Cheese, Carrots, Diced Pears	30 S: Clementines, Sun Butter, Celery Sticks D: Dino Nuggets, Peas, Sliced Apples	31 S: Pretzels, Baby Bel Cheese D: Pizza, Green Beans, Bananas

Milk served with every dinner **S:** Snack **D:** Dinner

Allergy-Friendly Options Available: Please Request Ahead of Time

**This menu is subject to change

Question? Contact: **Becky Jennings, Unit Director**

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