

*AL-MAA'UUN
October MENU 2021*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					10/1
BREAKFAST					Apple Cinnamon Muffin Banana/Milk
LUNCH/ SUPPER					Hamburger Carrot/ranch Tater tots Milk/Applesauce
DATE	10/4	10/5	10/6	10/7	10/8
BREAKFAST	Bagel/Cream Cheese/Jelly Raisins/Milk	Apple filled Pancake Banana/Milk	Cheerios Unsweetened applesauce/Milk	Apple Muffin Pear cup/Milk	Granola Bar Apple/Milk
LUNCH/ SUPPER	Chicken Fingers BBQ sauce Carrot/Ranch Pears/Milk	Chicken Corn Dogs Tater Tots/Carrots Peaches/Milk	Beef Spanish Rice Green Beans Fruit cup/Milk	Power Pack (Hard boil egg,meat stick,cheese,pita bread,carrot/ Ranch/ Grapes/Milk	Sloppy Joe/ Carrots/ranch Orange/Milk Sub Applesauce for allergies
DATE	10/11	10/12	10/13	10/14	10/15
BREAKFAST	Blueberry Muffin Pear/Milk	Chex Cereal FruitCup/Milk	Fruit Cereal Bar peaches/Milk	Blueberry Muffin apple/Milk	Cheerios Unsweetened Applesauce/Milk
LUNCH/ SUPPER	Beef Chili/ cornbread Unsweetened Applesauce/Milk	Cheese Burger/Burger Corn/Green Beans Grapes/Milk	BBQ Chicken Sandwiches Mixed Veggie Mixed fruit/Milk	Beef Pizza Carrots/ranch banana/Milk	Chicken Sandwich Tater Tot peaches/Milk
DATE	10/18	10/19	10/20	10/21	10/22
BREAKFAST	Bagel W/ Cream Cheese Orange/Milk Sub applesauce for allergies	Chex Cereal Mixed fruit/Milk	Fruit Cereal Bar Apple/Milk	Apple Cinnamon Muffin Banana/Milk	Cheerios Bar Fruit cup/Milk
LUNCH/ SUPPER	Walking Taco Corn Bean Salad Sour cream/Sauce Banana/Milk	Nuggets French Fry Carrot/Ranch Peaches	Corn Dogs Green Beans Pears/Milk	Beef Hot Dogs Tater Tots Unsweetened applesauce/Milk	Beef Pizza Cucumber/Ranch grapes/Milk
DATE	10/25	10/26	10/27	10/28	10/29
BREAKFAST	Bagel W/ Cream Cheese /jelly Mixed fruit/Milk	Cheerios Orange/Milk Sub applesauce for allergies	Blueberry Muffin apple/Milk	Granola Bar Peach cup/Milk	Bagel w/cream Cheese/Jelly Banana
LUNCH/ SUPPER	Sloppy Joes Carrot/Ranch Banana/Milk	Beef Spaghetti Green Beans peach/Milk	Chicken Corn Dogs Tater Tots Carrot Mix fruit/Milk	Make your own Sunbutter/jelly sandwich Carrot/Ranch Grapes/milk	Walking Taco Corn Bean Salad Sour Cream/Sauce Grapes/Milk
DATE					
BREAKFAST					
LUNCH/ SUPPER					