



SRE

October 2019


| | | | | |
|--|---|---|--|---|
| | Tuesday 10/1 | Wednesday 10/2 | Thursday 10/3 | Friday 10/4 |
| | Yogurt Graham Crackers Craisin Juice Milk | Breakfast Burrito Orange slices Juice Milk | Honey nut cheerios Cheese stick Banana Juice Milk | Mini Pancakes Fruit cup Juice milk |
| Monday 10/7 | Tuesday 10/8 | Wednesday 10/9 | Thursday 10/10 | Friday 10/11 |
| Fall Break -No School | | | | |
| Monday 10/14 | Tuesday 10/15 | Wednesday 10/16 | Thursday 10/17 | Friday 10/18 |
| Muffin Cheese stick Diced peaches Juice Milk | Breakfast Pizza Grapes Juice Milk | French toast stick Strawberries Juice Milk | Yogurt Animal crackers Banana Juice Milk | Frosted mini wheats Cheese stick Fresh apple Juice Milk |
| Monday 10/21 | Tuesday 10/22 | Wednesday 10/23 | Thursday 10/24 | Friday 10/25 |
| Yogurt Graham Crackers Grapes Juice Milk | Cinnamon roll Apple slices Juice Milk | Pancake on a stick Strawberries Juice Milk | egg & cheese muffin banana Juice Milk | WG frosted flakes Cheese stick Diced peaches Juice Milk |
| Monday 10/28 | Tuesday 10/29 | Wednesday 10/30 | Thursday 10/31 | |
| Cheerios Cheese stick strawberries Milk | Pancake on a stick Apple slices Milk | Breakfast quesadilla Strawberries Milk | Oatmeal Sausage link Mixed fruit Milk | Menu items are subject to availability. |

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|--|---|---|---|---|
| Monday | Tuesday 10/1 | Wednesday 10/2 | Thursday 10/3 | Friday 10/4 |
| | Cheese Pizza melon Tossed Salad Milk | Chicken Fajita Strawberries Black beans Milk | Mashed potatoes with Ham slice dinner roll diced peaches Milk | BBQ Pork sandwich Orange slices Steamed veggies Milk |
| Monday 10/7 | Tuesday 10/8 | Wednesday 10/9 | Thursday 10/10 | Friday 10/11 |
| Fall Break -No School | | | | |
| Monday 10/14 | Tuesday 10/15 | Wednesday 10/16 | Thursday 10/17 | Friday 10/18 |
| Chicken nuggets Fruited Jello Sweet potato fries Milk | Spaghetti Breadstick Fresh fruit Spinach Salad Milk | Chili con carne Cornbread muffin Diced Melon Pima Squash | Popcorn chicken bowl Fresh Fruit Salad bar Milk | Nachos Orange slices Shredded lettuce Diced tomatoes Milk |
| Monday 10/21 | Tuesday 10/22 | Wednesday 10/23 | Thursday 10/24 | Friday 10/25 |
| Chicken Sandwich Fruit Potato wedges Milk | Spaghetti breadstick Fruit Cesar salad Milk | Beef Taco Fruit salad Pinto beans Milk | Orange chicken Brown Rice Fruit Steamed Broccoli Milk | Bean burrito Diced melon Pima squash Milk |
| Monday 10/28 | Tuesday 10/29 | Wednesday 10/30 | Thursday 10/31 | |
| Pizza Fruit Spinach salad Milk | Pulled Pork Sandwich Fruit Corn on the cob Milk | Chicken Enchilada Chips and salsa Fruit Zucchini Milk | Franken-burgers Creepy crawly worms Poison apple  | |



Doodle Art Alley ©



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| | | | | |
|--------------------------------|---|-------------------------|-------------------------------------|--------------|
| | Tuesday 10/1 | Wednesday 10/2 | Thursday 10/3 | Friday 10/4 |
| | Baby Carrots Ranch milk | Crackers With Cheese | Cereal Banana | No Snack |
| Monday 10/7 | Tuesday 10/8 | Wednesday 10/9 | Thursday 10/10 | Friday 10/11 |
| Fall Break -No School | | | | |
| Monday 10/14 | Tuesday 10/15 | Wednesday 10/16 | Thursday 10/17 | Friday 10/18 |
| WG crackers Cheese Cubes | Goldfish Strawberries | ½ Turkey Sandwich | Watermelon Cubes Cheese Stick | No Snack |
| Monday 10/21 | Tuesday 10/22 | Wednesday 10/23 | Thursday 10/24 | Friday 10/25 |
| Graham crackers milk | WG Pretzels or baked tortilla chips Hummus | Cereal Banana | Turkey and Cheese Pinwheels | No Snack |
| Monday 10/28 | Tuesday 10/29 | Wednesday 10/30 | Thursday 10/31 | |
| Graham Crackers Blueberries | Animal Crackers Watermelon Cubes | Muffin Apples slices | Cheese Cubes Banana | No Snack |

Halloween Tips;

Non- Food treats;

Instead of handing out more of the sticky, sugary treats, try giving out some useful treats like Halloween pencils, or fun erasers.

Start early;

The early bird gets the worm! You can avoid some of the crowds and busy streets by making your rounds just before sun down.

Be visible;

Use reflective tape, glow sticks or glow in the dark items to make your little goblins visible to others.