

RED BANK CHARTER SCHOOL

October
Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	W/G Pancakes-3 Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Muffin-1 W/G Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Peaches-1/2c Strawberry ½ c and Orange Juice W/G Corn Chex-1oz W/G Graham Crackers-3 Milk-8oz
7	8	9	10	11
Vanilla Yogurt-4oz	Fresh Smoothies-1 1/2c Blueberry 1/2c 7 Strawberry 1/2c and Apple juice-4oz W/G Waffle Grahams-2 Honey nut Cheerios-1oz Milk-8 oz	NO SCHOOL	Bagels-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Mixed Fruit-1/2 c Apple and Orange Juice-4oz W/G Corn Chex-1oz W/G Waffle Grahams-2 Milk-8oz
14	15	16	17	18
Vanilla Yogurt-4oz W/G Granola-1oz W/G Corn Chex-1oz Fresh Fruit-1 Milk-8oz	Scramble Eggs-4oz Turkey Bacon-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	Muffin-1 W/G Waffle Grahams-2 Fresh Fruit-1 Milk-8oz	W/G Waffle Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fruit Smoothies-1 ½ c Apricot-1/2c Banana-1/2 and Apple Juice-4oz W/G Waffle Grahams-2 Honey Nut Cheerios-1oz Milk-8oz
21	22	23	24	25
Vanilla Yogurt-4oz W/G Granola-1oz Honey Nut Cheerios-1oz Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 1/2c Strawberry 1/2 c & Banana 1/2 and Apple juice-4oz Honey nut Cheerios-1oz Milk-8oz	French Toast-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8oz	Egg & Croissant Turkey Sausage-3 Fresh Fruit-1 Milk-8oz	Fresh Smoothies-1 ½ c Peaches-1/2c & Apricot ½ c Honey Nut Cheerios-1oz W/G Waffle Grahams-2 Milk-8oz
28	29	30	31	
Vanilla Yogurt-4oz W/G Granola W/G Corn Chex-1oz Fresh Fruit-1 Milk-8oz	W/G Pancakes-3 Turkey Bacon-3 Fresh Fruit-1 Milk-8 oz	Bagels-1 Cream Cheese-1 Fresh Fruit-1 Milk-8oz	Scramble Eggs-4oz Turkey Sausage-3 W/G Bread Slice-1 Fresh Fruit-1 Milk-8oz	

October 1 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Tacos/Shredded Lettuce & Cheese-2 Rice- 3/4c Flour Tortilla-2 Fresh Plum-1 Milk-8 oz.	2 All Beef Hot Dog on a on a Whole Wheat Bun-1 French Fries-3/4 c. Applesauce Cup-1/2c Milk-8 oz.	3 Toasted Cheese On Whole Grain Bread-1 Fresh Baby Carrots-3/4 c Jello Cup-4oz Milk-8 oz.	4 PIZZA DAY 3x5 Whole Grain Cheese Pizza-2 Tomato Cupw/Dip-3/4c Fresh Orange-1 Milk-8 oz.
7 W/G Breaded Chicken Fillet on a Whole Wheat Bun-1 Corn-3/4 c Craisins-1 Milk-8 oz.	8 Beef Tacos w/ Shredded Lettuce & Cheese-2 Spanish Rice W/G Hard Taco Shell - 2 Fresh Apple-1 Milk-8 oz.	9 NO SCHOOL	10 Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4c Pudding Cup- 1/2 c Whole Wheat Roll-1 Milk-8 oz.	11 PIZZA Day 3x5 Whole Grain Cheese Pizza-2 Sliced Cucumbersw/Dip-3/4c Fresh Pear-1 Milk-8 oz.
14 All Beef Hamburger on a a Whole Wheat Bun-1 Broc & Cheese-3/4 c Fresh Banana-1 Milk-8 oz.	15 Chicken Tacos/Shredded Lettuce & Cheese Red Kidney Beans-3/4c W/G 6" Flour Tortilla-2 Granola Bar-1 Milk-8 oz.	16 Cheese & Bean Burrito Corn-3/4c Salad w/ Dressing-1c Clementine-1 Milk-8 oz.	17 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-3/4 c Fresh Plum-1 Milk-8 oz.	18 PIZZA DAY 3x5 Whole Grain Cheese Pizza-2 Celery Sticks w/Dip-3/4 c Applesauce Cup-1/2c Milk-8 oz.
21 Chicken Fingers-3 Vegetarian Beans-3/4 c. Whole Wheat Bun-1 Jello Cuo-4oz Cup-1/2 c. Milk-8 oz.	22 Beef Nachos w/ cheddar Cheese Sauce-5oz Fresh Carrots w/Dip-3/4c Whole Grain Tortilla Scoops-1oz Craisin-1 Milk-8 oz.	23 Swedish Turkey Meatballs with Gravy-3 oz. Celery Sticks w/ Dip-3/4 c. Whole Grain Bread Milk-8 oz.	24 Meatloaf w/Ketchup-3oz Corn-3/4c Whole Wheat Bun-1 Apple-1 Milk-8 oz.	25 PIZZA DAY 3x5 Whole Grain Cheese Pizza-2 Tomato Cup w/Dip-3/4c Pudding Cup-1/2c Milk-8 oz.
28 Chicken Pot Pie-1 Fresh Green Beans-3/4c Fresh Pear-1 Milk-8 oz.	29 Chicken Tacos/Shredded Lettuce & Cheese Black Beans-3/4c W/G 6" Flour Tortilla-2 Fresh Banana-1 Milk-8 oz.	30 BREAKFAST FOR LUNCH French Toast Sticks-3 Beef Sausage Links-3 Celery Sticks w/ Dip-3/4 c. Granola Bar-1 Milk-8 oz.	31 All Beef Hot Dog on a on a Whole Wheat Bun-1 French Fries-3/4 c. Clementine-1 Milk-8 oz.	