

October Growing Tree's Meal Plan Menu 2017

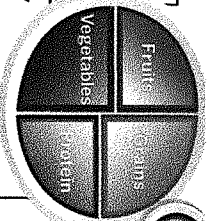
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p>2 Breakfast: Kix Cereal, Peaches, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Green Beans, Wheat Roll w/ butter, pineapple tidbits, Milk wg PM Snack: Goldfish Crackers, Cheese stick 100% Juice</p>	<p>3 Breakfast: WW English Muffin w/ peanut butter, applesauce, Milk wg Lunch: Campbell's Chicken Noodle Soup, Crackers, Mini Carrots, Fruit cocktail, milk PM Snack: Zoo Crackers, Apple Slice, Water</p>	<p>4 Breakfast: Corn Chex Cereal, Pears, Milk Lunch: Turkey Sandwich on WW Bread, Broccoli, peaches, Milk wg PM Snack: Cheese it's Crackers, 100% Juice</p>	<p>5 Breakfast: Wheat Thin Crackers w/ Ham & American Cheese, Peaches Milk, wg Lunch: Cheese Pizza, Garden Salad w/ ranch, Fruit Cocktail, Milk PM Snack: Mini Carrots w/ Ranch, Apple sauce, Water</p>	<p>6 Breakfast: Sausage Bites, Applesauce, Milk Lunch: Peanut butter & jelly Sandwich on WW Bread, Mini Carrots w/ Ranch, American cheese Slices, Mandarin Oranges, Milk wg PM Snack: Chex Mix, 100% Juice</p>
<p>9 Breakfast: Kix Cereal, Applesauce, milk Lunch: Grilled Cheese on WW Bread, Green Beans, Fruit cocktail, Milk wg PM Snack: Gram Cracker w/ Peanut butter, Diced Pears, Water</p>	<p>10 Breakfast: Mini Wheat Bagel w/ Cream Cheese, Banana, Milk wg Lunch: Cod Fish Sticks, Mashed Potatoes, Peas, Mini Carrots, pears, Milk Snack: Pretzels w/ Cheese sauce, 100% Fruit Juice</p>	<p>11 Breakfast: Corn Chex, Diced Peaches, Milk, Lunch: Ham Sandwich on WW bread, Chips, Veggie sticks, Mixed Fruit, Milk wg PM Snack: Cheese it's, Pineapple Tidbits, Water</p>	<p>12 Breakfast: Wheat Thins w/ Ham & American Cheese, Peaches, Milk wg Lunch: Spaghetti w/ Meat sauce, WW Roll w/ butter, Garden Salad w/ Ranch, Pears, Milk PM Snack: WW & Peanut Butter Sandwich Crackers, Milk</p>	<p>13 Breakfast: Waffle w/ syrup, sausage Links, Apple sauce, Milk Lunch: Peanut butter & jelly Sandwich on WW Bread, Mini Carrots w/ Ranch, American cheese Slices, Mandarin Oranges, Milk wg PM Snack: Fritos Chips, Apple slices, water</p>
<p>16 Breakfast: Kix Cereal, Apple sauce, Milk Lunch: Beef Ravioli w/ WW Roll, w/ butter, Corn, Garden Salad w/ Ranch, Peaches, Milk PM Snack: Chex Mix, Fruit cocktail, Water</p>	<p>17 Breakfast: WW English Muffin w/ peanut butter, applesauce, Milk wg Lunch: Campbell's Chicken Noodle Soup, Crackers, Mini Carrots, Pears, Milk PM Snack: Zoo Crackers, Apple Slice, Water</p>	<p>18 Breakfast: Corn Chex Cereal, Diced Pears, Milk wg Lunch: Chicken Nuggets, Mashed Potatoes, Green Beans, Fruit Cocktail, Milk PM Snack: WW Sandwich Crackers & Peanut butter, Milk</p>	<p>19 Breakfast: Wheat Thin Crackers w/ Ham & American Cheese, Peaches, Milk wg Lunch: Beef Tacos On Corn Tortilla Chips, Garden Salad w/ Ranch, Applesauce, Milk PM Snack: Graham Cracker w/ Cheese Stick, 100 % Juice</p>	<p>20 Breakfast: Sausage Bites, Applesauce, Milk Lunch: Peanut butter & jelly Sandwich on WW Bread, Mini Carrots w/ Ranch, American cheese Slices, Mandarin Oranges, Milk wg PM Snack: Potato Chips, 100% Juice</p>
<p>23 Breakfast: Kix Cereal, Peaches, Milk Lunch: Macaroni Cheese, WW Roll & Butter, Steamed Broccoli, Pears, Milk wg PM Snack: Corn Chips, Applesauce, Water</p>	<p>24 Breakfast: Mini Wheat Bagel w/ Cream, Cheese, Applesauce, Milk wg Lunch: Cheese Pizza, Garden Salad w/ Ranch, Peaches, Milk PM Snack: Graham Crackers w/ Peanut Butter, Apple Slices, Milk</p>	<p>25 Breakfast: Corn Chex Cereal, Pineapple Tidbits, Milk wg Lunch: Ham Sandwich on WW Bread, Green Beans, Fruit Cocktail, Milk PM Snack: Mini Pretzels, Fruit Cup, water</p>	<p>26 Breakfast: Wheat Thin Crackers w/ Ham & American Cheese, Pears, Milk wg Lunch: Cod Fish Sticks, Mashed Potatoes, Broccoli, Pineapple Tidbits, Milk PM Snack: Cheese its, 100% Fruit Juice</p>	<p>27 Breakfast: Waffle w/ syrup, sausage Links, Apple sauce, Milk Lunch: Peanut butter & jelly Sandwich on WW Bread, Mini Carrots w/ Ranch, American cheese Slices, Mandarin Oranges, Milk wg PM Snack: Zoo crackers, apple Juice</p>
<p>30 Breakfast: Kix Cereal, Pears, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Peas, Mini Carrots, Pears, Milk PM Snack: Cheese its Crackers, 100% Juice wgV</p>	<p>31 Happy Halloween Breakfast: WW English muffin w/ Butter Fruit cup, Milk wg Lunch: Beef Ravioli w/ WW Roll, w/ butter, Corn, Garden Salad w/ Ranch, Peaches, Milk PM Snack: Chex Mix, Cheese Stick, Water</p>			