

Camden October Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	3 French toast sticks, cantaloupe and milk	4 Waffles, pears and milk	5 Cereal, peaches and milk	6 Oatmeal, cantaloupe and milk	7 Omelet, tropical fruit and milk
Lunch	Pizza, apples, broccoli and milk	Sloppy joe on a bun, peaches, mixed veggies and milk	Chicken nuggets, noodles, bananas, corn and milk	Chicken tacos with tortilla shells, tropical fruit, cucumbers and milk	Pizza, apples, broccoli and milk
Snack	Fig Newtons and milk	Teddy Grahams and milk	Multigrain bars, pears and water	Cheese sticks, peaches and water	Fig Newtons and milk
Breakfast	10 Pancakes, apples and milk	11 Oatmeal, cantaloupe and milk	12 Bagel and cream cheese, pineapple and milk	13 Waffles, mandarin oranges and milk	14 English muffin with jelly, bananas and milk
Lunch	Chicken rice hotdish, cantaloupe, diced carrots and milk	Turkey and cheese sandwiches, pineapple, mixed veggies and milk	Spaghetti and meat balls, mandarin oranges, green beans and milk	Beef tacos, rice, lettuce and diced tomatoes, bananas and milk	Cheese ravioli, tropical fruit, black beans and milk
Snack	Yogurt, cantaloupe and water	Scooby doo bones and milk	Veggie tray, mandarin oranges and water	Cheese and ritz crackers and water	Graham crackers and milk
Breakfast	17 Omelet, tropical fruit and milk	18 Cereal, peaches and milk	19 French toast sticks, apples and milk	20 Waffles, oranges and milk	21 Oatmeal, cantaloupe and milk
Lunch	Beefy mac and cheese, peaches, tator tot beets and milk	Cheese burger, buns, apples, lettuce and diced tomatoes and milk	Sloppy joe on a bun, peaches, mixed veggies and milk	Chicken nuggets, noodles, bananas, corn and milk	Chicken tacos with tortilla shells, tropical fruit, cucumbers and milk
Snack	Cottage cheese with peaches and water	Scooby doo bones and milk	Teddy Grahams and milk	Multigrain bars, apples and water	Cheese sticks, oranges and water
Breakfast	24 Bagel and cream, pineapple and milk	25 Pancakes, apples and milk	26 Cereal, peaches and milk	27 Waffles, tropical fruit and milk	28 French toast sticks, cantaloupe and milk
Lunch	Chicken rice hotdish, cantaloupe, diced carrots and milk	Cheese ravioli, tropical fruit, black beans and milk	Beefy mac and cheese, peaches, tator tot beets and milk	Beef tacos, rice, lettuce and diced tomatoes, bananas and milk	Pizza, apples, broccoli and milk
Snack	Yogurt, apples and water	Graham crackers and milk	Cottage cheese with peaches and water	Cheese and Ritz crackers and water	Fig Newtons and milk