

Week of October 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	
Lunch	Baked Mac and Cheese, Caesar Salad, Fruit Salad, Spinach Salad	Chicken Caesar Wraps, Pasta Salad, Broccoli Salad, Fruit Salad	Hamburger Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Thanksgiving Dinner	
Snacks	Fruit	Fruit	Fruit	Fruit	
Week of October 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	Breakfast sandwiches, Fruit, Milk
Lunch		Taco Salad, Pasta Salad, Broccoli Salad, Fruit Salad	Potato Bacon Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Perogies/Sausage, Caesar Salad, Asian Salad, Fruit Salad	Pizza, Caesar salad, Fruit Salad, Pasta Salad
Snacks		Fruit	Fruit	Fruit	Fruit
Week of October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	Breakfast sandwiches, Fruit, Milk
Lunch	Pasta/Meat Sauce, Caesar Salad, Fruit Salad, Spinach Salad	Vegetable/Rice Bowls, Coleslaw, Caesar Salad, Fruit Sald, Pasta Salad	Chicken Noodle Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Quesedillas, Caesar Salad, Asian Salad, Fruit Salad	Pizza, Caesar salad, Fruit Salad, Pasta Salad
Snacks	Fruit	Fruit	Fruit	Fruit	Fruit
Week of October 28-31	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	
Lunch	Mac and Cheese, Caesar Salad, Fruit Salad, Spinach Salad	Chili/Bannock, Coleslaw, Caesar Salad, Fruit Sald, Pasta Salad	Roasted Vegetable Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Chicken Stir Fry, Thai Salad, Coleslaw, Veggie Sticks	

Snacks	Fruit	Fruit	Fruit	Fruit	
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