

Carlsbad Country Day

Breakfast Menu - October



10/ 2 Monday	10/3 Tuesday	10/4 Wednesday	10/5 Thursday	10/6 Friday
Cereal Bananas Milk	French Toast Peaches Milk	Pancakes Turkey Bacon Milk	Waffles Pineapple Milk	Blueberry Muffins Yogurt Milk

10/9 Monday	10/10 Tuesday	10/11 Wednesday	10/12 Thursday	10/13 Friday
Pancakes Turkey Bacon Milk	Cereal Bananas Milk	Waffles Pineapple Milk	French Toast Peaches Milk	Bagel and Cream Cheese Pears Milk

10/16 Monday	10/17 Tuesday	10/18 Wednesday	10/19 Thursday	10/20 Friday
Cinnamon Rolls Fruit Yogurt Milk	Cereal Bananas Milk	Pancakes Turkey Bacon Milk	French Toast Peaches Milk	Blueberry Muffins Yogurt Milk

10/23 Monday	10/24 Tuesday	10/25 Wednesday	10/26 Thursday	10/27 Friday
Pancakes Turkey Bacon Milk	Waffles Peaches Milk	Cereal Bananas Milk	Blueberry Muffins Yogurt Milk	French Toast Pineapple Milk

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Lunch Menu - October



10/2 Monday	10/3 Tuesday	10/4 Wednesday	10/5 Thursday	10/6 Friday
BBQ Meatballs Applesauce Green Beans	Chicken Teriyaki Rice Broccoli	Chicken Parmesan Garlic Bread Melon	Penne Pasta Carbonara Peas Pineapple	Citrus Chicken Mac & Cheese Grapes

10/9 Monday	10/10 Tuesday	10/11 Wednesday	10/12 Thursday	10/13 Friday
Chicken Cutlets Green Beans Mandarins	Chicken Asparagus & Tomato Pasta Pears	Quesadillas Mixed Vegetables Peaches	Turkey Chili Cornbread Apples	Pizza Party Apples Broccoli

10/16 Monday	10/17 Tuesday	10/18 Wednesday	10/19 Thursday	10/20 Friday
Chicken Fajitas Rice Broccoli Pineapple	Albondigas Soup (Meatball Soup) Vegetables Apples	Pork Loin Potatoes Melon	Beef Stroganoff Peas Pears	Beef & Veggie Stew Oranges

10/23 Monday	10/24 Tuesday	10/25 Wednesday	10/26 Thursday	10/27 Friday
Mexican Rice with Beef & Vegetables Melon	Pesto Pasta Chicken Broccoli Oranges	Chicken Noodle Soup Cornbread Pineapple	Chicken Bites Green Beans Peaches	Cheeseburgers Carrots Pears