

	Breakfast	Lunch	Snack	Dinner
Monday	Fall Fruit Cup with Leftover Muffins	Spooktacular Lunch	Grape Kabobs	Broccoli Cream Soup
Tuesday	Cinnamon apple Pancakes	Toasted Pita Salad	Veggie Wraps	Turkey Tacos
Wednesday	Candy Corn Parfait	Pancake sandwich with Carrots and cucumbers	Kids Fruit and Nut mix	Veggie Fried Rice with Shrimp
Thursday	Sweet Potato Smoothie	Hamapple Sandwich, Cottage cheese salad	Pita Fruit Nachos	Crockpot Chicken and Greens
Friday	Scrambled Eggs and Cauliflower	Cobb Salad Sandwich	Crunchy Veggie Medley	Tabouleh Style Quinoa

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