



# October 2015 -Seal Beach

<p>5 B: Waffles &amp; milk S1: Dried cranberries L: Ham &amp; cheese roll ups, chips. S2: Graham crackers</p>	<p>6 B: Cereal &amp; milk S1: Hummus &amp; pita chips L: Turkey &amp; cheese sandwich &amp; chips S2: Peanut butter &amp; crackers</p>	<p>7 B: Raisin Bread &amp; milk S1: Veggies &amp; ranch L: Angelina &amp; Connor's Pizza Party S2: Fruit snacks</p>	<p>8 B: Waffles &amp; milk S1: Sliced apples &amp; crackers L: Cheese Quesadilla, rice &amp; black beans S2: Fruit snacks</p>	<p>9 B: Cereal &amp; milk S1: Nature Valley bar L: Chicken Nuggets, rice &amp; black beans S2: Pastry crisps</p>
<p>12 B: Cereal &amp; milk S1: Nature Valley bar L: Bean burritos, rice &amp; peas S2: Fruit snacks</p>	<p>13 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Meatballs in Marinara Sauce S2: Goldfish</p>	<p>14 B: English muffin S1: Sliced apples &amp; crackers L: Pasta in marinara &amp; parmesan cheese S2: Pastry crisps</p>	<p>15 B: Cereal &amp; milk S1: Dried cranberries L: Mac n cheese, squash puree S2: Peanut butter &amp; crackers</p>	<p>16 B: Waffles &amp; milk S1: Pretzels &amp; string cheese L: PB&amp;J and Chips S2: Graham crackers</p>
<p>19 B: English muffin S1: Sliced apples &amp; crackers L: Turkey dogs &amp; chips S2: Cheese &amp; crackers</p>	<p>20 B: Cereal &amp; milk S1: Cheese &amp; crackers L: PB&amp;J and Chips S2: Pastry crisps</p>	<p>21 B: Cereal &amp; milk S1: Nature Valley bar L: Teriyaki Chicken Bowls S2: Graham crackers</p>	<p>22 B: English muffin S1: Veggies &amp; ranch L: Cheezy Orzo S2: Fruit snacks</p>	<p>23 B: Raisin Bread &amp; milk S1: Hummus &amp; pita chips L: Turkey &amp; cheese sandwich &amp; chips S2: Peanut butter &amp; crackers</p>
<p>26 B: Waffles &amp; milk S1: Halloween-theme snack L: Meatballs in Marinara Sauce S2: Goldfish</p>	<p>27 B: Cereal &amp; milk S1: Halloween-theme snack L: Pasta in marinara &amp; parmesan cheese S2: Cheese &amp; crackers</p>	<p>28 B: Raisin Bread &amp; milk S1: Halloween-theme snack L: Mac n cheese, squash puree S2: Peanut butter &amp; crackers</p>	<p>29 B: Waffles &amp; milk S1: Halloween-theme snack L: Veggie Sandwich &amp; Chips S2: Fruit snacks</p>	<p>30 B: Cereal &amp; milk S1: Halloween-theme snack L: Cheese Quesadilla, rice &amp; black beans S2: Graham crackers</p>