



October 2018 -Seal Beach

<p>1 B: Cereal & milk S: Nature Valley bar L: Chicken salad sandwich & chips S: Dried Cranberries</p>	<p>2 B: Bagel & cream cheese S: Fruit & pretzels L: Pasta in marinara & parmesan cheese S: Dried Cranberries</p>	<p>3 B: Cinnamon & agave oatmeal S: Hummus & pretzels L: Fish sticks, rice & corn S: Graham crackers</p>	<p>4 B: Cereal & milk S: Veggies & ranch L: Bean & cheese burritos, rice & corn S: Chocolate chip granola bar</p>	<p>5 B: Bagel & cream cheese S: Veggies & ranch L: Meatballs & marinara w/bread S: Fruit snacks</p>
<p>8 B: Waffles & milk S: Veggies & ranch L: Turkey, cheese, Pretzels, fruit & veggies S: Fruit snacks</p>	<p>9 B: Cereal & milk S: Nature Valley bar L: Cheese Quesadilla, rice & black beans S: Dried Cranberries</p>	<p>10 B: English muffin, butter & jelly S: Fruit & pretzels L: Veggie Sandwich & chips S: Dried Cranberries</p>	<p>11 B: Waffles & milk S: Hummus & pretzels L: Carter K, Lua, Reed, Kayla & Isabella's Pizza Party S: Graham crackers</p>	<p>12 B: Cereal & milk S: Veggies & ranch L: Mac & Cheese w/ squash S: Chocolate chip granola bar</p>
<p>15 B: Cereal & milk S: Veggies & ranch L: Cheesy Orzo & salad w/ ranch S: Chocolate chip granola bar</p>	<p>16 B: English muffin, butter & jelly S: Veggies & ranch L: Turkey & cheese roll up & chips S: Fruit snacks</p>	<p>17 B: Waffles & milk S: Nature Valley bar L: Chicken nuggets, rice & peas S: Dried Cranberries</p>	<p>18 B: Cereal & milk S: Fruit & pretzels L: Turkey, cheese, Pretzels, fruit & veggies S: Dried Cranberries</p>	<p>19 B: Raisin Bread & milk S: Fruit & pretzels L: Buttered noodles, oregano, parmesan cheese S: Graham crackers</p>
<p>22 B: Waffles & milk S: Fruit & pretzels L: Mac & Cheese w/ squash S: Graham crackers</p>	<p>23 B: Cereal & milk S: Veggies & ranch L: Chicken salad sandwich & chips S: Chocolate chip granola bar</p>	<p>24 B: Raisin Bread & milk S: Veggies & ranch L: Cheese Quesadilla, rice & black beans S: Fruit snacks</p>	<p>25 B: Waffles & milk S: Nature Valley bar L: Meatballs & marinara w/bread S: Dried Cranberries</p>	<p>26 B: Cereal & milk S: Fruit & pretzels L: Chicken apple Sausage, potato salad & cornbread muffin S: Dried Cranberries</p>
<p>29 B: Raisin Bread & milk S: Fruit & pretzels L: Bean & cheese burritos, rice & corn S: Dried Cranberries</p>	<p>30 B: Waffles & milk S: Halloween snack L: Turkey, cheese, Pretzels, fruit & veggies S: Graham crackers</p>	<p>Halloween B: Cereal & milk S: Halloween snack L: Pasta in marinara & parmesan cheese S: Chocolate chip granola bar</p>	<p>1 B: Raisin Bread & milk S: Veggies & ranch L: Cheesy Orzo & salad w/ ranch S: Fruit snacks</p>	<p>2 B: Waffles & milk S: Nature Valley bar L: Turkey & cheese roll up & chips S: Dried Cranberries</p>