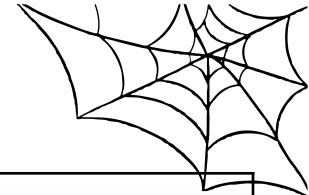


# October 2017 -Seal Beach



<p>2 B: Cereal &amp; milk S1: Fresh fruit L: Pasta in marinara &amp; parmesan cheese S2: Chocolate chip granola bar</p>	<p>3 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Cheese Quesadilla, rice &amp; black beans S2: Nutrigrain Bar</p>	<p>4 B: Bagel &amp; cream cheese S1: Pretzels &amp; Cheese L: Turkey dogs &amp; Veggies S1: Dried Cranberries</p>	<p>5 B: Cereal &amp; milk S1: Nature Valley Bar L: Turkey &amp; cheese sandwich &amp; chips S1: Fruit snacks</p>	<p>6 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Fish Sticks, rice &amp; peas S1: Goldfish</p>
<p>9 B: Bagel &amp; cream cheese S1: Veggies &amp; ranch L: Mac &amp; Cheese w/ squash S1: Goldfish</p>	<p>10 B: Cereal &amp; milk S1: Fresh fruit L: L: Cheesy Orzo &amp; salad w/ranch S2: Chocolate chip granola bar</p>	<p>11 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Meatballs &amp; marinara w/bread S2: Nutrigrain Bar</p>	<p>12 B: Bagel &amp; cream cheese S1: Pretzels &amp; Cheese L: Bean burritos, rice &amp; corn S1: Dried Cranberries</p>	<p>13 B: Cereal &amp; milk S1: Nature Valley Bar L: Veggie sandwich &amp; chips S2: Fruit snacks</p>
<p>16 B: Raisin Bread &amp; milk S1: Nature Valley Bar L: Turkey &amp; cheese sandwich &amp; chips S1: Fruit snacks</p>	<p>17 B: Oatmeal with Cinnamon &amp; Agave S1: Veggies &amp; ranch L: Fish Sticks, rice &amp; peas S1: Goldfish</p>	<p>18 B: Cereal &amp; milk S1: Fresh fruit L: Bean burritos, rice &amp; corn S2: Chocolate chip granola bar</p>	<p>19 B: Raisin Bread &amp; milk S1: Veggies &amp; ranch L: Pasta in marinara &amp; parmesan cheese S2: Nutrigrain Bar</p>	<p>20 B: Oatmeal with Cinnamon &amp; Agave S1: Pretzels &amp; Cheese L: Ham &amp; cheese roll ups, chips S1: Dried Cranberries</p>
<p>23 B: Cereal &amp; milk S1: Pretzels &amp; Cheese L: Lua, Reed, Jamison, Gunnar &amp; Breccan's Pizza Party S1: Dried Cranberries</p>	<p>24 B: English muffin S1: Nature Valley Bar L: Meatballs &amp; marinara w/bread S1: Fruit snacks</p>	<p>25 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Chicken Nuggets, Rice &amp; peas S1: Goldfish</p>	<p>26 B: Cereal &amp; milk S1: Fresh fruit L: Chicken salad sandwich &amp; chips S2: Chocolate chip granola bar</p>	<p>27 B: English muffin S1: Veggies &amp; ranch L: Cheese Quesadilla, rice &amp; black beans S2: Nutrigrain Bar</p>
<p>30 B: Waffles &amp; milk S1: Veggies &amp; ranch L: L: Cheesy Orzo &amp; salad w/ranch S2: Nutrigrain Bar</p>	<p>31 B: Cereal &amp; milk S1: Pretzels &amp; Cheese L: Ham &amp; cheese roll ups, chips S1: Dried Cranberries</p>	<p>1 B: English muffin S1: Nature Valley Bar L: Pasta in marinara &amp; parmesan cheese S1: Fruit snacks</p>	<p>2 B: Waffles &amp; milk S1: Veggies &amp; ranch L: Mac &amp; Cheese w/ squash S1: Goldfish</p>	<p>3 B: Cereal &amp; milk S1: Fresh fruit L: Turkey &amp; cheese sandwich &amp; chips S2: Chocolate chip granola bar</p>

