

OCTOBER

Martha Best Children's Center

www.MarthaBest.org



Monday	Tuesday	Wednesday	Thursday	Friday
		AM Snack 1 Pop Tarts	AM Snack 2 Apple Slices w/Fruit Dip	AM Snack 3 Assorted
		Lunch Corndog Nuggets Baked Beans Sliced Honeydew Melon Ketchup/Mustard	Lunch Spaghetti w/Meat Sauce Garlic Bread Mandarin Oranges	Lunch Rotisserie Chicken Ritz Crackers/Sliced Cheese Carrots & California Mix Veggies Raspberries
		PM Snack Oyster Crackers Fruit Cups	PM Snack Pretzels Dried Cherries	PM Snack Assorted
AM Snack 6 Granola Apple Sauce	AM Snack 7 Cereal Bars	AM Snack 8 Whole Grain Oatmeal Cookies	AM Snack 9 Toast w/Honey	AM Snack 10 Assorted
Lunch Fish Sticks Black Eyed Peas Fruit Salad Ketchup/Tartar Sauce	Lunch Hot Ham & Swiss Fresh Broccoli w/Ranch Dried Pineapple	Lunch Taquitos Pintos Very Cherry Blend Salsa/Sour Cream	Lunch Chicken Patties Rice Broccoli w/Cheese Diced Peaches	Lunch Sloppy Joe w/Bun BBQ Chips Cucumbers French Onion Dip Sliced Oranges
PM Snack Tortilla Chips / Salsa	PM Snack Vanilla Crisp /Sliced Bananas	PM Snack Veggie Chips	PM Snack Chex Mix	PM Snack Assorted
AM Snack 13 Animal Crackers Diced Pears	AM Snack 14 English Muffin w/Jelly	AM Snack 15 Mixed Cereal	AM Snack 16 Bagel w/Cream Cheese	AM Snack 17 Assorted
Lunch Beanie Weenies Dinner Rolls Fruit Cocktail	Lunch Lasanga Garlic Bread Garden Salad Thousand Island Dressing Apple Sauce	Lunch Pancakes Sausage Tater Tots Diced Mango Syrup	Lunch Chicken Casserole Green Beans Strawberry Shortcake	Lunch Turkey Sandwich Broccoli & Cauliflower Raisin Blend Ranch Dressing Ketchup & Mayo
PM Snack Goldfish	PM Snack Pepperoni / Cheese	PM Snack Cornchips	PM Snack Cheddar Ritz Bitz Crackers Craisins	PM Snack Assorted
AM Snack 20 Yogurt / Blueberries	AM Snack 21 Fruit Snacks Teddy Grahams	AM Snack 22 Blueberry Muffins	AM Snack 23 Special Halloween Treats	AM Snack 24 Special Halloween Treats
Lunch Ravioli Mixed Veggies Pineapple Tidbits	Lunch Biscuits w/Gravy Sausage Sliced Tomatoes Stewed Apples	Lunch Pizza Bites Corn Tropical Blend	Lunch Meatballs/Gravy Mashed Potatoes Sliced Strawberries	Lunch Tomato Soup Saltine Crackers Celery w/Dill Dip Sliced Bananas
PM Snack Wheat Thins Broccoli w/Ranch	PM Snack Popcorn/Puffcorn	PM Snack Cheese It's	PM Snack Vanilla Waffers Vanilla Pudding	PM Snack Assorted
AM Snack 27 Granola Bars	AM Snack 28 Cinnamon Buns	AM Snack 29 Honey Bun	AM Snack 30 Halloween Parties/Assorted Snacks	AM Snack 31 Halloween Parties/Assorted Snacks
Lunch Cheese Pizza Spinach Salad French Dressing Diced Pears	Lunch Baked Turkey Stuffing Peas Cranberry Sauce	Lunch Little Smokies w/BBQ Sauce Baked Okra Berry Blend	Lunch BBQ Chicken Sandwich Hush Puppies Fresh Blueberries	Lunch Hot Dog w/Bun Fries Blackberries Ketchup & Mustard
PM Snack White Cheddar Puffs Raisins	PM Snack Graham Crackers Cheese Sticks	PM Snack Trail Mix	PM Snack Scooby Snacks Sliced Strawberries	PM Snack Assorted

