

October 2011

September 2011							October 2011							November 2011						
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25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
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CKA Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <ul style="list-style-type: none"> 8:45 AM Whole grain French toast sticks 11:30 AM Beanie Weenies, Cantaloupe Slices 3:30 PM Goldfish 	26 <ul style="list-style-type: none"> 8:45 AM Rice Krispies 11:30 AM Beef ravioli, broccoli cuts, pineapple tidbits 3:30 PM Cheese & crackers w/water 	27 <ul style="list-style-type: none"> 8:45 AM Banana w/vanilla yogurt & water 11:30 AM Turkey & cheese wrap, cucumber slices, orange slices 3:30 PM Graham crackers 	28 <ul style="list-style-type: none"> 8:45 AM Banana w/vanilla yogurt 11:30 AM Baked ziti, lima beans, orange slices 3:30 PM Trail mix 	29 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Chicken noodle casserole, diced carrots/ carrot sticks, applesauce 3:30 PM Vanilla pudding w/ vanilla wafers & water 	30	1
2 <ul style="list-style-type: none"> 8:45 AM Cheerios 11:30 AM Beef Ravioli, green beans, applesauce 3:30 PM Trail Mix 	3 <ul style="list-style-type: none"> 8:45 AM Biscuit w/jelly 11:30 AM Grilled Cheese w/ chicken noodle soup, lima beans, pineapple tidbits 3:30 PM Animal Crackers 	4 <ul style="list-style-type: none"> 8:45 AM Whole Grain French Toast Sticks 11:30 AM Chicken Fettucine, Carrot Sticks/Diced Carrots, Honeydew Slices 3:30 PM Apple Slices w/low fat vanilla yogurt & water 	5 <ul style="list-style-type: none"> 8:45 AM Applesauce 11:30 AM Swedish Meatball Stroganoff, garden peas, fresh orange slices 3:30 PM Cheese & crackers w/water 	6 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Fish Sticks, cucumber slices, bananas 3:30 PM Apple Turnovers 	7	8
9 <ul style="list-style-type: none"> 8:45 AM Cream of Wheat 11:30 AM Baked Ziti, lima beans, diced pears 3:30 PM Vanilla pudding w/ animal crackers & water 	10 <ul style="list-style-type: none"> 8:45 AM Rice Krispies 11:30 AM Chicken & wild rice, steamed broccoli, fresh orange slices 3:30 PM Goldfish 	11 <ul style="list-style-type: none"> 8:45 AM Mini bagel w/ cream cheese 11:30 AM Chili w/kidney beans, sliced wheat bread, apple slices/banana 3:30 PM Vanilla Wafers 	12 <ul style="list-style-type: none"> 8:45 AM Banana w/low fat vanilla yogurt & water 11:30 AM Baked Tuna Casserole, sweet potato bites, pineapple tidbits 3:30 PM Gingerbread 	13 <ul style="list-style-type: none"> 8:45 AM Whole Grain Pancakes 11:30 AM Baked Chicken Nuggets, carrot sticks/ diced carrots, fresh cantaloupe chunks 3:30 PM Graham Crackers 	14	15
16 <ul style="list-style-type: none"> 8:45 AM Blueberry Mini Muffin 11:30 AM Salisbury steak w/wild rice & gravy, garden peas, applesauce 3:30 PM Cheezits 	17 <ul style="list-style-type: none"> 8:45 AM Cheerios 11:30 AM Chicken tetrazenni, carrot sticks/ diced carrots, fresh honeydew slices 3:30 PM Apple slices w/low fat vanilla yogurt & water 	18 <ul style="list-style-type: none"> 8:45 AM Biscuit w/jelly 11:30 AM Spaghetti w/ meatballs, green beans, banana 3:30 PM Cheese & crackers w/water 	19 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Macaroni & cheese, lima beans, pineapple tidbits 3:30 PM Animal Crackers 	20 <ul style="list-style-type: none"> 8:45 AM Applesauce 11:45 AM Jelly sandwich w/ garden vegetable soup, fresh orange slices 3:30 PM Trail Mix 	21	22
23 <ul style="list-style-type: none"> 8:45 AM Cheese Toast 11:30 AM Chicken Noodle Casserole, cucumber slices, fresh orange slices 3:30 PM Oatmeal Raisin Cookie 	24 <ul style="list-style-type: none"> 8:45 AM Cream of Wheat 11:30 AM Beef-a-roni, garden peas, diced pears 3:30 PM Graham crackers 	25 <ul style="list-style-type: none"> 8:45 AM Rice Krispies 11:30 AM Cheese pizza on whole grain crust, lima beans, pineapple tidbits 3:30 PM Goldfish 	26 <ul style="list-style-type: none"> 8:45 AM Whole Grain French Toast Sticks 11:30 AM Ham & Potato Au Gratin, apple slices/banana 3:30 PM Fat free vanilla pudding w/vanilla wafers & water 	27 <ul style="list-style-type: none"> 8:45 AM Banana w/ low fat vanilla yogurt & water 11:30 AM Chicken Pasta Pirlaf, steamed broccoli cuts, fresh cantaloupe chunks 3:30 PM Gingerbread 	28	29
30 <ul style="list-style-type: none"> 8:45 AM Cheerios 11:30 AM Beef Ravioli, green beans, applesauce 3:30 PM Trail Mix 	31 <ul style="list-style-type: none"> 8:45 AM Biscuit w/jelly 11:30 AM Grilled Cheese w/ chicken noodle soup, lima beans, pineapple tidbits 3:30 PM Animal Crackers 	1 <ul style="list-style-type: none"> 8:45 AM Whole Grain French Toast Sticks 	2 <ul style="list-style-type: none"> 11:30 AM Swedish Meatball Stroganoff, garden peas, fresh orange slices 3:30 PM Cheese & crackers w/water 	3 <ul style="list-style-type: none"> 8:45 AM Oatmeal w/brown sugar 11:30 AM Fish Sticks, cucumber slices, bananas 3:30 PM Cheezits 	4	5