

OCTOBER 2021

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY 1st |
|-----------------|--------|---------|-----------|----------|---|
| Breakfast | | | | | Bagel and Cream Cheese with Fresh Fruit |
| Morning Snack | | | | | Fruit Smoothie with Rice Crackers |
| Lunch | | | | | Homemade Veggie Pizza with Fresh Fruit |
| Afternoon Snack | | | | | Veggie Tortilla Wrap with Fresh Fruit |

| Week 2 | MONDAY 4th | TUESDAY 5th | WEDNESDAY 6th | THURSDAY 7th | FRIDAY 8th |
|-----------------|---|--|---|---|---|
| Breakfast | Egg Omelet and Sourdough Toast with Fresh Fruit | Organic Waffles with Fresh Fruit | Puff Cereal with Fresh Fruit | Cinnamon Pumpkin Oatmeal with Fresh Fruit | Chilaquiles With Fresh Fruit Salad |
| Morning Snack | Cracker/Cheese and Fresh Fruit Charcuterie Plates | Crackers and Dehydrated Fruit Chips | Hummus and Pita with Fresh Fruit | Fruit Smoothie and Rice Cakes | Bruschetta on Sourdough with Fresh Fruit |
| Lunch | Veggie Tacos with Fresh Fruit | Eggplant Pasta with Fresh Fruit | Chicken and Cheese Quesadillas with Fresh Fruit | Veggie Pasta Salad with Fresh Fruit | Homemade Veggie Pizza with Fresh Fruit |
| Afternoon Snack | Baked Sweet Potato and Squash with Fresh Fruit | Homemade Tortilla chips and Guacamole with Fresh Fruit | Bagel and Cream Cheese Halves with Fresh Fruit | Mexican Corn Salad and Fresh Fruit | Cucumber and Cream Cheese Tea Sandwiches with Fresh Fruit |

| Week 3 | MONDAY 11th | TUESDAY 12th | WEDNESDAY 13th | THURSDAY 14th | FRIDAY 15th |
|------------------------|--|---|---|--|--|
| Breakfast | Pumpkin Muffins with Fresh Fruit | Potato/ Egg Quesadillas with Fresh Fruit | Bagel and Cream Cheese with Fresh Fruit | Granola and Yogurt with Fresh Fruit | Egg and Spinach on Tortilla with Fresh Fruit |
| Morning Snack | Toasted Pumpkin Seeds and Fresh Fruit | Cracker, Cheese and Fruit Charcuterie Plate | Autumn Trail Mix and Fresh Fruit | Apple Cider Muffins and Fresh Fruit | Corn Muffins and Fresh Fruit |
| Lunch | Baked Chicken Empanadas with Fresh Fruit | Cheesy Pesto Pasta with Fresh Fruit | Butternut Squash Soup with Fresh Fruit | Baked Enchiladas with Fresh Fruit | Homemade Veggie Pizza with Fresh Fruit |
| Afternoon Snack | Homemade Pizza Bagels with Fresh Fruit | Rice Cake and Cream Cheese with Fresh Fruit | Homemade Baked Chips and Salsa with Fresh Fruit | Baked Squash and Sweet Potatoes with Fresh Fruit | Baby A1T Sandwiches with Fresh Fruit |

| Week 4 | MONDAY 18th | TUESDAY 19th | WEDNESDAY 20th | THURSDAY 21st | FRIDAY 22nd |
|------------------------|-------------------------------------|--|---|--|--|
| Breakfast | Breakfast Burritos with Fresh Fruit | Organic Pancakes with Fresh Fruit | Cinnamon and Apple Muffins with Fresh Fruit | Organic Cereal with Fresh Fruit | Oatmeal with Fresh Fruit |
| Morning Snack | Fruit Smoothie with Dried Veggies | Fall Granola Bars with Fresh Fruit | Pumpkin and Apple Muffins with Fresh Fruit | Cinnamon Toast Sticks with Fresh Fruit | Pumpkin Spice Oatmeal Balls with Fresh Fruit |
| Lunch | Baked Ziti with Fresh Fruit | Homemade Tacos with Fresh Fruit | Eggplant Pasta with Fresh Veggies | Tortilla Soup with Fresh Fruit | Veggie Pizza with Fresh Fruit |
| Afternoon Snack | Hummus and Pita with Fresh Fruits | Bagel and Cream Cheese Halves with Fresh Fruit | Baked Chips with Guacamole and Fresh Fruit | Cheese Fruit and Cracker Charcuterie | Mexican Corn Salad with Fresh Fruit |

| Week 5 | MONDAY 25th | TUESDAY 26th | WEDNESDAY 27th | THURSDAY 28th | FRIDAY 29th |
|------------------------|--|--|--|---|---|
| Breakfast | Bagel and Cream Cheese with Fresh Fruit | Organic Pancakes with Fresh Fruit | Potato and Egg Quesadilla with Fresh Fruit | Pumpkin Muffins with Fresh Fruit | Egg/Sweet Potato Scramble with Fresh Fruit |
| Morning Snack | Pumpkin Chia Seed Pudding with Fresh Fruit | Homemade Bruschetta on Sourdough Toast with Fresh Fruit | Fruit Smoothie and Rice Crackers with Fresh Fruit | Cinnamon Toast Sticks with Fresh Fruit | Autumn Trail Mix with Fresh Fruit |
| Lunch | Tomato Soup with Grilled cheese and Fresh Fruit | Chicken Empanadas with Fresh Fruit | Veggie Pasta Salad with Fresh Fruit | Burrito Bowls With Fresh Fruit | Homemade Veggie Pizza with Fresh Fruit |
| Afternoon Snack | Sweet Potato and Kale Tostada with Fresh Fruit | Cucumber/ Cream Cheese Sandwiches with Fresh Fruit | Cheese and Cracker Charcuterie with Fresh Fruit | Corn Pancakes with Fresh Fruit | Potato Taquitos with Fresh Fruit |