

Fueling Brains Walden Weekly Food Menu - October 2023



Date	Breakfast	Lunch	Snack
Oct. 2nd	Bagels and Fruit	Cream of Vegetable Soup Turkey Pot Pie Veggies & Milk	Fruit
Oct. 3rd	Rice Krispies/Fruit	Brown Lentil Soup Tarragon Chicken Thigh Veggies & Milk	Cookie/Muffin
Oct. 4th	Toast/Fruit	Florentine Soup Perch Krunchie Veggies & Milk	Yogurt/Pudding
Oct. 5th	Cheerios/Fruit	Greek Chicken Soup Egg Salad Sandwich Veggies & Milk	Veggies
Oct. 6th	Waffles/Fruit	Carrot Apple Soup Spinach Cannelloni Veggies & Milk	CLOSED

For those children with food allergies and restrictions to gluten/dairy/fish/egg and meat products an alternative will be provided for all meals. REMINDER: We are a nut free school

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Date	Breakfast	Lunch	Snack
Oct. 9th	CLOSED	CLOSED	CLOSED
Oct. 10th	Rice Krispies/Fruit	Vegetable Noodle Soup Roast Beef Sandwich Veggies & Milk	Cookie/Muffin
Oct. 11th	Toast/Fruit	Cream of Chicken Soup Egg Salad Croissant Veggies & Milk	Yogurt/Pudding
Oct. 12th	Cheerios/Fruit	French Onion Soup Grilled Cheese Sandwich Veggies & Milk	Veggies
Oct. 13th	Waffles/Fruit	Pesto Vegetable Soup Tuna Salad Sandwich Veggies & Milk	Cheese & Crackers

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Date	Breakfast	Lunch	Snack
Oct. 16th	Bagels and Fruit	Tomato Soup Egg Salad Sandwich Veggies & Milk	Fruit
Oct. 17th	Rice Krispies/Fruit	Chicken Noodle Soup Grilled Swiss Sandwich Veggies & Milk	Cookie/Muffin
Oct. 18th	Toast/Fruit	Beef Borscht Fish & Chips Veggies & Milk	Yogurt/Pudding
Oct. 19th	Cheerios/Fruit	Cream of Cauliflower Perogies & Fried Onions Veggies & Milk	Veggies
Oct. 20th	Waffles/Fruit	Tomato Rice Soup Ham and Cheese Cobb Salad Veggies & Milk	Cheese & Crackers

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Oct. 23rd	Bagels and Fruit	Lentil Soup Tuna Melt Sandwich Veggies & Milk	Fruit
Oct. 24th	Rice Krispies/Fruit	French Onion Soup Mac & Cheese Veggies & Milk	Cookie/Muffin
Oct. 25th	Toast/Fruit	Tomato Soup Ginger Beef Stir Fry & Rice Veggies & Milk	Yogurt/Pudding
Oct. 26th	Cheerios/Fruit	Beef Barley Soup Tortellini in Tomato Sauce Veggies & Milk	Veggies
Oct. 27th	Waffles/Fruit	Cream of Carrot Mediterranean Frittata & Garlic Bread Veggies & Milk	Cheese & Crackers

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