

# Bearkatz Academy Breakfast Oct 19

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 pancakes syrup sausage fruit cocktail milk</p>	<p>8 oats cinn.toast diced pears milk</p>	<p>9 egg/cheese omelet peaches milk</p>	<p>10 cereal applesauce milk</p>	<p>11 saus/bisc gravy oranges milk</p>
<p>14 cereal applesauce milk</p>	<p>15 breakfast pizza fruitable milk</p>	<p>16 dutch waffle orange half milk</p>	<p>17 oats cinn.toast pears milk</p>	<p>18 saus/bisc gravy apples milk</p>
<p>21 bacon/egg bisc pineapple milk</p>	<p>22 mini waffles pears milk</p>	<p>23 scrambled eggs toast peaches milk</p>	<p>24 oats cinn.toast mand.oranges milk</p>	<p>25 saus/bisc gravy appleauce milk</p>
<p>28 breakfast slider applesauce cup milk</p>	<p>29 Cereal peach cup milk</p>	<p>30 french toast sticks w/syrup diced peaches milk</p>	<p>31 oats cinn toast pears milk</p>	<p>1 saus/bisc gravy fruit cocktail milk</p>

# Bearkatz Academy Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 chicken crisпитos</p> <p>carrot sticks ranch dip w.k.corn pineapple tidbits milk</p>	<p>8 spag. w/meatballs</p> <p>green beans garlic biscuit diced peaches</p> <p>milk</p>	<p>9 grilled ch.sandwich</p> <p>tator tots green peas applesauce</p> <p>milk milk</p>	<p>10</p> <p>meatloaf mashed potatoes glazed carrots roll</p> <p>pears milk</p>	<p>11</p> <p>turkey &amp; ch.wrap</p> <p>tossed salad mand. Oranges milk</p>
<p>14 baked ziti</p> <p>corn sl.bread diced peaches milk</p>	<p>15 corn dogs</p> <p>mac &amp; cheese pinto beans fruit cocktail milk</p>	<p>16 chicken spag.</p> <p>green peas roll applesauce milk</p>	<p>17 beef burrito</p> <p>tossed salad pinto beans pears milk</p>	<p>18 cheeseburgers sandwich trimming french fries pineapple tidbits milk</p>
<p>21 crisпитos</p> <p>tossed salad diced peaches milk</p>	<p>22 salisbury steak</p> <p>rice green beans sl.bread applesauce milk</p>	<p>23 chicken rings</p> <p>potato smiles steamed broccoli roll pinepple tidbits milk</p>	<p>24 beef fingers mashed potaotes mixed veggies fruit cocktail milk</p>	<p>25 pepp. Pizza</p> <p>tossed salad w.k.corn sl.apples milk</p>
<p>28</p> <p>taco salad lett/tomatoes shrd. Cheese refried beans mand.oranges milk</p>	<p>29 spag. w/meat sauce green beans sl.bread applesauce milk</p>	<p>30</p> <p>ham &amp; ch.rollup french fries garden salad orange smiles milk</p>	<p>31</p> <p>hot do on bun baked beans mac &amp; cheese sidekicks milk</p>	<p>1</p> <p>hamburgers sand.trimmings tator tots bananas milk</p>

# Bearkatz Academy Snack

Monday	Tuesday	Wednesday	Thursday	Friday
7 cereal milk	8 lil grahams juice	9 ww cheez-its juice	10 sl. Apples cheese milk	11 chortles or gripz milk
14 cinn.goldfish milk	15 pb & breadsticks milk	16 pretzels juice	17 pb & apples juice	18 peaches yogurt juice
21 cereal milk	22 crackers cheese juice	23 ww cheez-its juice	24 ww scooby snacks or ww lil grahams juice	25 chortles or gripz milk
28 cinn.goldfish milk	29 cheeze-its milk	30 pretzels juice	31 pb & breadsticks juice	1 sl apples yogurt juice
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