

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) Low Sugar Cereal Chilled Pineapples Fresh Banana 1% Milk Skim Milk	(2) Low Sugar Cereal Applesauce Banana 1% Milk Skim Milk	(3) Whole Grain Muffin Baby Carrots Banana 1% Milk Skim Milk	(4) Low Sugar Cereal Applesauce Cup Banana 1% Milk Skim Milk	(5) Hard Boiled Egg (2) Fresh Apple Banana 1% Milk Skim Milk
(8) Low Sugar Cereal Chilled Peaches Fresh Banana 1% Milk Skim Milk	(9) Cheese Sandwich on WW Bread Applesauce Banana 1% Milk Skim Milk	(10) Low Sugar Cereal Fresh Pear Banana 1% Milk Skim Milk	(11) Whole Grain Muffin 100% Fruit Juice Banana 1% Milk Skim Milk	(12) Low Sugar Cereal Fresh Apple Banana 1% Milk Skim Milk
(15) 3 pk Honey Graham Crackers (2 packs) Mozzarella Cheese Stick 100% Fruit Juice Banana 1% Milk, Skim Milk	(16) Low Sugar Cereal Applesauce Banana 1% Milk Skim Milk	(17) Whole Grain Muffin Baby Carrots Banana 1% Milk Skim Milk	(18) Low Sugar Cereal 100% Fruit Juice Banana 1% Milk Skim Milk	(19) Whole Wheat Bagel w/ Cream Cheese and Jelly Fresh Apple Banana 1% Milk Skim Milk
(22) Low Sugar Cereal 100% Fruit Juice Banana 1% Milk Skim Milk	(23) Egg Salad Sandwich on WW Bread Applesauce Banana 1% Milk Skim Milk	(24) Low Sugar Cereal 100% Fruit Juice Banana 1% Milk Skim Milk	(25) WW English Muffin w/ Margarine and Jelly Mozzarella Cheese Stick 100% Fruit Juice Banana 1% Milk, Skim Milk	(26) Low Sugar Cereal Fresh Apple Banana 1% Milk Skim Milk
(29) Hard Boiled Egg (2) Fresh Apple Banana 1% Milk Skim Milk	(30) Cheese Sandwich on WW Bread Applesauce Banana 1% Milk Skim Milk	(31) Whole Grain Muffin Baby Carrots Banana 1% Milk Skim Milk	(1) Whole Wheat Bagel w/ Cream Cheese and Jelly 100% Fruit Juice Banana 1% Milk Skim Milk	(2) Low Sugar Cereal 100% Fruit Juice Banana 1% Milk Skim Milk

**GREATER BRUNSWICK CHARTER SCHOOL**



October 2018 LUNCH MENU

ALSO PROVIDED DAILY: LACTAID and SOY MILK

***Allthingskidz Catering***

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\*Fruits subject to change based upon seasonal availability