




ROCKING HORSE ACADEMY MENU



OCTOBER 11TH – OCTOBER 15TH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	 TEACHER INSERVICE	Whole Wheat Cheese Toast Milk	Oatmeal Berries Milk	Blueberry Bagels Cream Cheese Water	Yogurt and Cheerios Milk
LUNCH		Oven Baked Chicken Mac-n-Cheese Cucumber tomato Salad Oranges Milk	Beanie Weenies, Crackers, Peas, Carrots, and Applesauce Milk	Tomato Soup, Grilled Cheese Sandwiches Celery Sticks Fruit Cocktail Milk	Sloppy Joes Sweet Potato Fries Green Beans, Pears Water
PRE-K PM SNACK		+2 Pretzels and Bananas -2 Vanilla Wafers and Bananas Water	Carrots and Ranch Dip Wheat Thins -2 Nutri-grain Bars Water	Corndog Bites Water	Applesauce Bread Water
CORRAL KIDS PM SNACK		Pretzels and Bananas Water	Carrots and Ranch Dip Wheat Thins Water	Corndog Water	Applesauce Bread Water

OCTOBER 18TH – OCTOBER 22ND

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	French Toast Peaches Milk	Hash Brown Sausage Link Milk	Cinnamon Muffins pears Milk	Buttermilk Biscuits with jam Milk	Chef's Choice Milk
LUNCH	Steak Fingers Mash potatoes W/ Gravy Peas Fruit Cocktail Milk	Chicken and Rice Lettuce and Tomato Salad Strawberries Milk	Beef-a-Roni Mixed Veggies Mandarin Oranges Milk	Chicken Alfredo Salad w/ Ranch Broccoli Pears Milk	Chef's Choice Milk
PRE-K PM SNACK	Bread Sticks Marinara Sauce Water	Fruit and Cookies Water	Meat Cheese and Crackers Water	Trail Mix Water	Chef's Choice Water
CORRAL KIDS PM SNACK	Bread Sticks Marinara Sauce Water	Fruit and Cookies Water	Meat Cheese and Crackers Water	Trail Mix Water	Chef's Choice Water