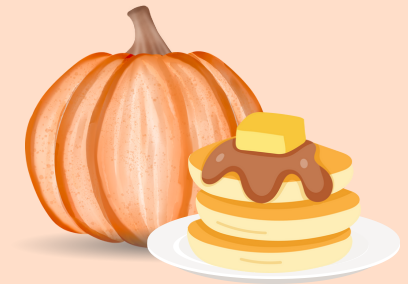


		1 Egg Burritos WGN Tortilla, Pineapple, & Milk WGN Pasta & Meat Sauce, Apples, Green Beans, & Milk Oranges & Milk	2 Granola, Yogurt, Mixed Berries Taco Soup, Watermelon, Corn, & Milk WGN Ritz Crackers & Cheese Stick	3 WGN Oatmeal, Bananas, & Milk WGN English Muffin Cheese Pizza, Pears, Salad, & Milk Peaches & Milk
6 WGN Pancakes, Apple Sauce, & Milk Minestrone Soup, Mandarin Oranges, Yams, & Milk Cheese & Crackers	7 Corn Flakes, Cheese Stick, Peaches, & Milk Tuna Salad, WGN Crackers, Bananas, Salad, & Milk Gold Fish & Milk	8 Scrambled Eggs, WGN Toast, Pears, & Milk WGN Bread, Chicken Nuggets, Oranges, Green Beans, & Milk Graham Crackers & Yogurt	9 Granola, Yogurt, Mixed Berries, & Milk WGN Bean & Cheese Burrito, Apples, Bell Peppers, & Milk WGN Kix & Milk	10 WGN Protein Muffin, Pineapple, & Milk Meatloaf, WGN Bread, Pears, Mashed Potatoes, & Milk Blanched Carrots & Yogurt Ranch Dip
13 Granola, Yogurt, Blueberries, & Milk WGN Cheese Quesadilla, Pineapple, Pinto Beans, & Milk Rice Chex & Milk	14 Cheerios, Cheese Stick, Peaches, & Milk Chicken Salad, WGN Crackers, Bananas, Cucumbers & Milk Gold Fish & Fruit Cocktail	15 Egg & Cheese Bites, WGN Toast, Pineapple, & Milk Chicken Noodle Soup, WGN Bread, Oranges, Broccoli, & Milk Apples and Milk	16 WGN Protein Muffins, Bananas, & Milk Macaroni & Cheese, Watermelon, Peas, and Milk Graham Crackers & Milk	17 WGN English Muffin, Pears, & Milk Turkey Meatballs, WGN Bread, Apples, Green Beans, & Milk Yogurt & Peaches
20 WGN Bagels, Cream Cheese, Oranges & Milk Grilled Cheese on WGN Bread, Cantaloupe, Cucumbers, & Milk WGN Cereal & Milk	21 Kix, Cheese Stick, Peaches, & Milk Black Bean Quesadilla, Bananas, Steamed Carrots, & Milk Graham Crackers & Yogurt	22 Egg Burritos WGN Tortilla, Pineapple, & Milk WGN Pasta & Meat Sauce, Apples, Green Beans, & Milk Oranges & Milk	23 Granola, Yogurt, Mixed Berries Taco Soup, Watermelon, Corn, & Milk WGN Ritz Crackers & Cheese Stick	24 WGN Oatmeal, Bananas, & Milk WGN English Muffin Cheese Pizza, Pears, Salad, & Milk Peaches & Milk
27 WGN Pancakes, Apple Sauce, & Milk Minestrone Soup, Mandarin Oranges, Yams, & Milk Cheese & Crackers	28 Corn Flakes, Cheese Stick, Peaches, & Milk Tuna Salad, WGN Crackers, Bananas, Salad, & Milk Gold Fish & Milk	29 Scrambled Eggs, WGN Toast, Pears, & Milk WGN Bread, Chicken Nuggets, Oranges, Green Beans, & Milk Graham Crackers & Yogurt	30 Granola, Yogurt, Mixed Berries, & Milk WGN Bean & Cheese Burrito, Apples, Bell Peppers, & Milk WGN Kix & Milk	31 

OCTOBER



Pumpkin Pancakes

Yield: 4 servings

Ingredients:

- 1 cup oat flour (store-bought or make by blending quick oats)
- ¼ cup Milk
- ½ cup pumpkin puree
- ¼ cup applesauce
- 1 tsp cinnamon
- ½ tsp baking powder
- 1 tbsp apple cider vinegar
- 1 ½ tbsps honey

Directions:

In a large bowl, mix all dry ingredients together. Add the wet ingredients and mix until combined. Let batter sit for 3-4 minutes to thicken. Heat a non-stick pan over medium heat. Once pan is hot, reduce heat to medium-low. Oil pan lightly and gently pour batter into the circular size you want. Flip and cook the other side after 1-2 minutes. Repeat until batter is used up.

This institution is an equal opportunity provider.