October 2018

Care-a-lot CHILD CARE INC.

1 **Breakfast** Cheerios Orange Wedges **Lunch** Soynut Butter & Jelly on Whole Wheat Bread Cauliflower Fresh Fruit **Snack** Pears String Cheese	**2** **Breakfast** French Toast Turkey Sausage Pineapple **Lunch** Chicken & Rice w/ Peas & Carrots Fresh Fruit **Snack** Apple Slices Ritz Crackers	**3** **Breakfast** Whole Grain Apple Cinnamon Bar Melon **Lunch** Tomato Soup w/ Mini Meatballs & Pasta Fresh Fruit **Snack** Pretzel Rods 100% Grape Juice	**4** **Breakfast** Homemade Blueberry Muffin Banana **Lunch** BBQ Chicken Whole Wheat Roll Green Beans Fresh Fruit **Snack** Whole Wheat Pita Bread Veggies & Dip	**5** **Breakfast** Whole Wheat Bagels Oranges **Lunch** Ham & Cheese Whole Wheat Roll-up Broccoli Fresh Fruit **Snack** Non-Fat Yogurt Graham Crackers
8 **Breakfast** Corn Flakes Banana **Lunch** Meatball in White Sauce w/ Sweet Peas Whole Wheat Roll Fresh Fruit **Snack** Soynut Butter Dip Apple Slices	**9** **Breakfast** Whole Grain Waffle Strawberries **Lunch** Taco Tuesday! Soft Chicken Taco w/ Lettuce & Cheese Fresh Fruit **Snack** Cheez-Its Grape Halves	**10** **Breakfast** English Muffin Oranges **Lunch** Cheese Pizza on Whole Wheat Crust Green Salad Fresh Fruit **Snack** Whole Wheat Cinnamon Elf Grahams 100% Apple Juice	**11** **Breakfast** Banana Bread Apple **Lunch** Chicken & Biscuits Mixed Veggies Fresh Fruit **Snack** Corn Chips Salsa	**12** **Breakfast** Whole Wheat Breakfast Wrap Apple **Lunch** Sloppy Joes Sliders Hash Browns Apple Wedges **Snack** Cheddar Cheese Wheat Crackers
15 **Breakfast** Corn Flakes Orange Wedges **Lunch** Turkey Roll-up on Whole Wheat Wrap Sweet Potato Fries **Snack** Goldfish Crackers 100% Grape Juice	**16** **Breakfast** Whole Grain Waffle Blueberries **Lunch** Chicken Pasta w/ Mixed Veggies Fresh Fruit **Snack** Melon Graham Crackers	**17** **Breakfast** Hot Biscuit Peaches **Lunch** Baked Beans w/Hot Dogs Whole Wheat Rolls Fresh Fruit **Snack** Wheat Crackers Apple Slices	**18** **Breakfast** Scrambled Eggs Turkey Sausage Apple **Lunch** Homemade Macaroni & Cheese w/ Cauliflower Fresh Fruit **Snack** Whole Wheat Pita Bread Hummus	**19** **Breakfast** Whole Wheat Toast Banana **Lunch** Chili Con Carne w/ Corn Whole Wheat Roll Fresh Fruit **Snack** Ritz Crackers String Cheese

Pumpkin Cheesecake Brownies

INGREDIENTS
FOR THE BROWNIES
1 c. unsalted butter (2 sticks)
8 oz. semisweet chocolate, coarsely chopped
2 c. sugar
4 large eggs
1 tbsp. pure vanilla extract
1 1/4 c. all-purpose flour
1 tsp. baking powder
1/2 tsp. kosher salt
1/2 c. semisweet chocolate chips

FOR THE CHEESECAKE
2 8-oz. blocks cream cheese, at room temperature
3/4 c. sugar
1 1/2 tsp. pumpkin pie spice
1/8 tsp. kosher salt
2 tsp. pure vanilla extract
3 large eggs
1 c. canned pumpkin (not pumpkin pie filling)
1/4 c. heavy cream
1/4 c. sour cream

Make the brownies: Butter a 9"-x-13" baking pan and line with parchment paper, leaving a 2" overhang on all sides. Butter the parchment , then set a rack in the middle of the oven and preheat to 350°.
- In a bowl set over a pan of barely simmering water, melt chocolate and butter, stirring until smooth. Set aside to cool.
- In a medium bowl, whisk together sugar, eggs, and vanilla, then in a second medium bowl, whisk together flour, baking powder, and salt. Add melted chocolate to sugar mixture and whisk to combine. Add flour mixture and chocolate chips and gently fold until just combined and streak free.
- Pour brownie batter into prepared baking pan and smooth top. Bake until just set, 12 to 15 minutes, then let cool on a wire rack. Reduce oven temperature to 325°.

Make the cheesecake: In a large bowl using a hand mixer or in the bowl of a stand mixer using the whisk attachment, beat cream cheese on medium speed, scraping down bowl as necessary, until completely smooth, 3 to 4 minutes. Add sugar, pumpkin pie spice, and salt and beat, scraping down bowl as necessary, until smooth and fluffy, 3 to 4 minutes. Add vanilla and beat 30 seconds, then add eggs one at a time, beating 1 minute after each addition and scraping down bowl as necessary. Add pumpkin, heavy cream, and sour cream and beat on low until completely smooth and streak-free, about 1 minute.

Pour cheesecake batter over cooled brownies and smooth top. Bake until set around the edges and just barely jiggling in the center, 45 minutes, then let cool to room temperature on a wire rack. Once completely cool, loosely cover cheesecake with plastic wrap and chill in the refrigerator until firm, 3 hours, or up to overnight.

October 2018

22 **Breakfast** Rice Krispies Banana **Lunch** Chicken Pasta w/Peas and Carrots Cantaloupe **Snack** Whole Wheat Cinnamon Grahams	**23** **Breakfast** Multi-Grain Pancakes Strawberries **Lunch** Taco Tuesday! Soft Chicken Taco w/ Lettuce & Cheese Fresh Fruit **Snack** Apple Wedges Soynut Butter	**24** **Breakfast** English Muffin Apple Wedges **Lunch** Oven Roasted Turkey & Potatoes w/ Gravy Whole Wheat Roll Fresh Fruit **Snack** Animal Crackers Pears	**25** **Breakfast** Non-Fat Yogurt Banana **Lunch** BBQ Chicken Whole Wheat Bread Green Beans Fresh Fruit **Snack** Wheat Crackers Carrot Sticks	**26** **Breakfast** Breakfast Pizza on Whole Wheat Crust Oranges **Lunch** Pasta w/ Meat Sauce Salad Fresh Fruit **Snack** Pretzel Bites 100% Apple Juice
29 **Breakfast** Cheerios Orange Wedges **Lunch** Soynut Butter & Jelly on Whole Wheat Bread Cauliflower Fresh Fruit **Snack** Pears String Cheese	**30** **Breakfast** French Toast Turkey Sausage Pineapple **Lunch** Chicken & Rice w/ Peas & Carrots Fresh Fruit **Snack** Apple Slices Ritz Crackers	**31** **Breakfast** Boo Berry Muffin Banana **Lunch** Spooky Joes w/ Wheat Roll Hash Browns Fresh Fruit **Snack** Wizard Wands Witches Brew		

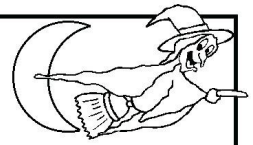
Flutter, Flutter Little Bat

by Leanne Guenther

Flutter, flutter little bat,
How I wonder where you're at.

Swooping through the darkest night -
You find your way without a light.

Flutter, flutter little bat,
How I wonder where you're at!



Five Little Pumpkins

Five little pumpkins sitting on a gate.
The first one said, "Oh, my it's getting late!"
The second one said, "There are witches in the air."
The third one said, "But we don't care."
The fourth one said, "Let's run, let's run!"
The fifth one said, "Isn't Halloween fun?"

Then Wooooo went the wind
And OUT went the lights.

And five little pumpkins rolled out of sight.

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs).