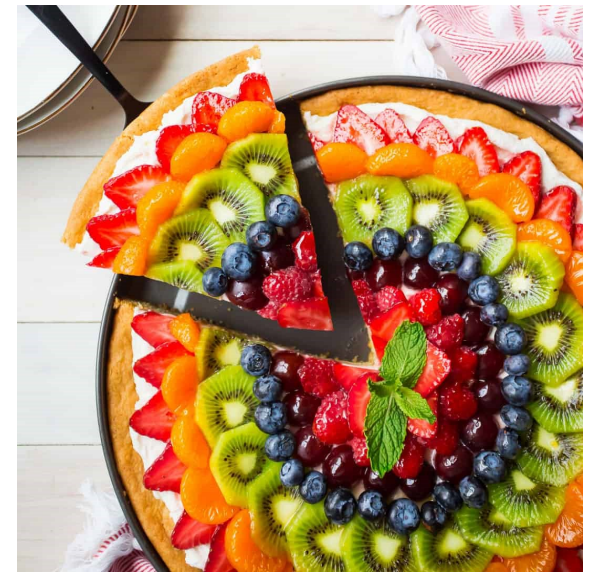


October



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

Fruit Pizza



	<p><u>1</u> Breakfast Whole Wheat English Muffin Oranges</p> <p>Lunch Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p>Snack Animal Crackers Pears</p>	<p><u>2</u> Breakfast Whole Wheat Pancakes Banana</p> <p>Lunch Turkey & Cheese Sandwich Green Beans Fruit Cocktail</p> <p>Snack Cheese-its Apple Slices</p>	<p><u>3</u> Breakfast Oatmeal Sliced Peaches</p> <p>Lunch BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p>Snack Ants on a Log (Bananas, Soy Butter & Raisins)</p>	<p><u>4</u> Breakfast Cornbread Pineapple</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p>Snack Snack Mix Apple Cider/Grapes</p>
<p><u>7</u> Breakfast Cheerios Pear Halves</p> <p>Lunch Chicken Taco w/ Lettuce & Cheese on a Whole Wheat Wrap Corn Pineapple Chunks</p> <p>Snack Apple Slices Pretzels</p>	<p><u>8</u> Breakfast Bagels Cantaloupe</p> <p>Lunch Soy Butter & Jelly on Wheat Bread Mixed Vegetables Fruit Cocktail</p> <p>Snack Whole Wheat Pita Orange</p>	<p><u>9</u> Breakfast Breakfast Pizza on Whole Wheat Crust Fresh Banana Slices</p> <p>Lunch Cheeseburger Macaroni Carrots Applesauce</p> <p>Snack Salsa Corn Chips</p>	<p><u>10</u> Breakfast Homemade French Toast Peaches</p> <p>Lunch Chicken Nuggets Green Beans Whole Wheat Roll Strawberries</p> <p>Snack Yogurt Granola</p>	<p><u>11</u> Breakfast Whole Wheat Pumpkin Muffin Fresh Fruit</p> <p>Lunch Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p>Snack Ritz Crackers Cheese Cubes</p>
<p><u>14</u> Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p><u>15</u> Breakfast Whole Wheat Pancakes Bananas</p> <p>Lunch Chicken w/ Brown Rice Mixed Veggies Applesauce</p> <p>Snack Goldfish Crackers Grape Halves</p>	<p><u>16</u> Breakfast Hot Biscuit Diced Pears</p> <p>Lunch Turkey & Gravy w/ Mashed Potatoes Whole Wheat Roll Pineapple Tidbits</p> <p>Snack Vanilla Yogurt Graham Crackers</p>	<p><u>17</u> Breakfast Wheat Toast Banana</p> <p>Lunch Meatball Sub on a Whole Wheat Roll Carrots Fruit Cocktail</p> <p>Snack Bread Sticks Marinara Dipping Sauce</p>	<p><u>18</u> Breakfast Whole Wheat English Muffin Apple</p> <p>Lunch Hot Ham and Cheese Tomato Soup Tropical Fruit</p> <p>Snack Cheddar Cheese Wheat Crackers</p>

Ingredients:

- 1 1/2 Cup Oats
- 1/3 Cup Almond Flour
- 3 Tbsp Honey
- 3 Ripe mashed bananas
- Lite Cool Whip
- Fruits of your choice (we recommend, strawberries, blueberries, raspberries, oranges, and kiwi)

Directions:

1. Combine Oats, almond flour, honey and bananas in a bowl and spread on a pizza pan
2. Bake at 375 degrees for 20-25 minutes, until cookie is done
3. Once cooled, spread cool whip on cookie
4. Top with the fruit of your choice. You can even create fun designs!



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<p><u>21</u> <u>Breakfast</u> Corn Flakes Apples</p> <p><u>Lunch</u> Ravioli & Meat Sauce Carrots Diced Pears</p> <p><u>Snack</u> Whole Wheat Banana Bread Milk</p>	<p><u>22</u> <u>Breakfast</u> Whole Wheat Cinnamon Muffin Honeydew</p> <p><u>Lunch</u> Chicken with Veggies and Pasta Diced Peaches</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>23</u> <u>Breakfast</u> Mini-Quiche Fruit Cocktail</p> <p><u>Lunch</u> Ham and Scalloped Potatoes Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>24</u> <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Pasta & Meat Sauce Green Salad Strawberries</p> <p><u>Snack</u> Whole Wheat Pita Bread w/ Soy Butter</p>	<p><u>25</u> <u>Breakfast</u> Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Chicken Noodle Soup Whole Wheat Breadsticks Corn Pineapple Tidbits</p> <p><u>Snack</u> Vanilla Yogurt with Blueberries</p>
<p><u>28</u> <u>Breakfast</u> Rice Krispies Pineapple</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Hash Brown Potatoes Apple Slices</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>29</u> <u>Breakfast</u> Whole Wheat English Muffin Oranges</p> <p><u>Lunch</u> Chicken w/ Brown Rice Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>30</u> <u>Breakfast</u> Whole Wheat Pancakes Banana</p> <p><u>Lunch</u> Turkey & Cheese Sandwich Green Beans Fruit Cocktail</p> <p><u>Snack</u> Cheese-its Apple Slices</p>	<p><u>31</u> <u>Breakfast</u> Oatmeal Pears</p> <p><u>Lunch</u> BBQ Chicken Whole Wheat Roll Broccoli Apple Slices</p> <p><u>Snack</u> Ants on a Log (Bananas, Soy Butter & Raisins)</p>	

Halloween Safety

Everyone loves a good scare on Halloween, but not when it comes to child safety.

Top Tips

- * Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- * Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- * Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
- * Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
- * When selecting a costume make sure it is the right size to prevent trips and falls.

Notes:

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

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