



October 2019



	<p><u>1</u> Breakfast Pigs in a Blanket (pancakes w/ sausage) Banana</p> <p><u>Lunch</u> Turkey sandwich Mixed veggies Fruit cocktail</p> <p><u>Snack</u> Triscuits String Cheese</p>	<p><u>2</u> Breakfast Kix Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Roll Hash brown potatoes Apple slices</p> <p><u>Snack</u> Low fat cottage cheese Pears</p>	<p><u>3</u> Breakfast Cinnamon toast Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza on whole grain rich crust Green beans Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soynut Butter & Raisins)</p>	<p><u>4</u> Breakfast Mini bagel Mandarin Oranges</p> <p><u>Lunch</u> Chicken salad on whole wheat wrap Broccoli Tropical Fruit</p> <p><u>Snack</u> Watermelon Whole grain rich cheez-its</p>
<p><u>7</u> Breakfast Cheerios Pear Halves</p> <p><u>Lunch</u> Soynut Butter & Jelly Sandwich Mixed Vegetables Fruit Cocktail String cheese</p> <p><u>Snack</u> Grapes Whole grain rich Goldfish</p>	<p><u>8</u> Breakfast French Toast Peaches</p> <p><u>Lunch</u> Soft Chicken Taco w/ Lettuce & Cheese Pineapple Chunks Corn</p> <p><u>Snack</u> Whole wheat pita bread Hummus</p>	<p><u>9</u> Breakfast Corn bread Banana</p> <p><u>Lunch</u> Cheeseburger whole wheat pasta Carrots Applesauce</p> <p><u>Snack</u> Graham Crackers Low fat yogurt</p>	<p><u>10</u> Breakfast Egg & Cheese Wrap Apricots</p> <p><u>Lunch</u> Ham and cheese sandwich Green Beans Nectarine</p> <p><u>Snack</u> Mini pretzels Carrot sticks</p>	<p><u>11</u> Breakfast Bagel Cantaloupe</p> <p><u>Lunch</u> Whole wheat pasta w/ meat sauce Steamed Broccoli Pears</p> <p><u>Snack</u> Ritz Crackers Cheese Cubes</p>
<p><u>14</u> Breakfast Corn Chex Pineapple Tidbits</p> <p><u>Lunch</u> Chicken w/Pasta Peas and carrots Applesauce</p> <p><u>Snack</u> Soynut Butter Dip Apple Slices</p>	<p><u>15</u> Breakfast Whole wheat English muffins Banana</p> <p><u>Lunch</u> Meatballs with White Sauce Peas Fruit Cocktail Roll</p> <p><u>Snack</u> Strawberries Low fat yogurt</p>	<p><u>16</u> Breakfast Waffle Diced Pears</p> <p><u>Lunch</u> Cheese Pizza on whole grain rich crust Green beans Diced Peaches</p> <p><u>Snack</u> Whole grain rich Cheese-its Watermelon</p>	<p><u>17</u> Breakfast Whole grain rich toast Banana</p> <p><u>Lunch</u> Hamburger sliders Roll Mixed vegetables Pineapple Tidbits</p> <p><u>Snack</u> Mandarin oranges Milk</p>	<p><u>18</u> Breakfast Pancake Apple</p> <p><u>Lunch</u> Turkey sandwich on whole grain rich bread Tropical Fruit Carrot Sticks</p> <p><u>Snack</u> Cheddar Cheese Cubes Ritz crackers</p>





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<p>21 <u>Breakfast</u> Life cereal Applesauce</p> <p><u>Lunch</u> Chicken with mixed veggies and rice Diced peaches</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese Cubes</p>	<p>22 <u>Breakfast</u> Waffle Fruit Cocktail</p> <p><u>Lunch</u> Ravioli & Meat Sauce Carrots Diced pears</p> <p><u>Snack</u> Whole grain rich goldfish Strawberries</p>	<p>23 <u>Breakfast</u> Hot Biscuit Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole wheat roll Cantaloupe Cubes</p> <p><u>Snack</u> Graham crackers Apple Slices</p>	<p>24 <u>Breakfast</u> Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green beans Strawberries Roll</p> <p><u>Snack</u> Whole wheat pita bread Soynut butter</p>	<p>25 <u>Breakfast</u> Kix Banana</p> <p><u>Lunch</u> Ham & Cheese Wrap Corn Pineapple tidbits</p> <p><u>Snack</u> Low fat yogurt with Blueberries</p>
<p>28 <u>Breakfast</u> Rice Krispies Orange</p> <p><u>Lunch</u> Chicken whole wheat pasta w/peas and carrots Cantaloupe</p> <p><u>Snack</u> Fruit cocktail Milk</p>	<p>29 <u>Breakfast</u> Pigs in a Blanket (pancakes w/ sausage) Banana</p> <p><u>Lunch</u> Turkey sandwich on whole grain rich bread Mixed veggies Fruit cocktail</p> <p><u>Snack</u> Ritz crackers String Cheese</p>	<p>30 <u>Breakfast</u> Kix Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Roll Hash brown potatoes Apple slices</p> <p><u>Snack</u> Low fat cottage cheese Pears</p>	<p>31 <u>Breakfast</u> Cinnamon toast Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza on whole grain rich crust Green beans Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soyнут Butter & Raisins)</p>	



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

Notes:

- This menu is peanut free
- Whole milk is served to 2 years & under
- 1% milk is served to 2 years & up
- Milk is served with breakfast and lunch
- Water is offered with snack
- *This menu is subject to change*

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