

October Menu-2021

Week 1	Monday-	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks w/ Syrup Fruit Cocktail	Oatmeal w/ Maple & Brown Sugar	Eggs & Bagels w/ Jelly Peaches	Buttered Toast w/ Turkey Sausage Links	Multigrain Bars Pears
AM	Granola Bar (Nut Free)	Vanilla Wafer Sticks	Fruit Bar	Cheez-Its	Cheese Toast & Apple Slices
Lunch	Meatball w/ Gravy Mashed Potatoes Mixed Veggies Applesauce	Chicken Tenders Buttered Noodles Broccoli Mandarin Oranges	Cheese Pizza Toss Salad w/ Ranch Fruit Medley	Chicken Soup Green Beans Pears	Cheeseburger w/ Lettuce & Tomato Potato Chips Pineapples Chunks
Vegetarian	<i>Potatoes w/ Gravy</i>	<i>Buttered Noodles</i>		<i>Noodle Soup</i>	<i>Veggie Burger</i>
PM	Vanilla Pudding & Animal Crackers	Goldfish	Banana Pudding Cups	Graham Crackers Cheddar Cheese	Rice Crispy Treats
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes w/Syrup Peaches	Honey Butter Biscuits Turkey Bacon	Cinnamon Rolls Apple Slices	Egg & Cheese Tacos Peaches	Cereal w/ Milk
AM	Sliced Bananas	Animal Crackers	Veggie Sticks w/ Ranch	Granola & Yogurt Cups	Apple Cinnamon Muffins
Lunch	Turkey Fingers Mashed Potatoes Sweet Carrots Sliced Apples	Spaghetti w/ Meatballs Tossed Salad w/ Ranch Fruit Cocktail	Chicken Nuggets Mac & Cheese Mixed Veggies Pears	Tomato Basil Soup Grill Cheese Sandwich Mandarin Oranges	Hot Dogs Tator Tots Peaches
Vegetarian	<i>Potatoes w/ Gravy</i>	<i>Spaghetti</i>	<i>Plant-based Nuggets</i>		<i>Cheese Tots</i>
PM	Saltine Crackers w/ Jelly	Pretzel String Cheese	Mixed Fruit cups	Oatmeal Cookies Milk	Trail Mix
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Sticks w/ Syrup Fruit Cocktail	Oatmeal w/ Maple & Brown Sugar	Eggs & Bagels w/ Jelly	Buttered Toast w/ Turkey Sausage Links	Multigrain Bars Pears
AM	Granola Bar (Nut Free)	Vanilla Wafer Sticks	Fruit Bar	Cheez-Its	Vanilla Yogurt Cups
Lunch	Meatball's w/ Gravy Mashed Potatoes Mixed Veggies Applesauce	Chicken Tenders Buttered Noodles Broccoli Mandarin Oranges	Cheese Pizza Toss Salad w/ Ranch Fruit Medley	Chicken Noodle Soup Green Beans Pears	Cheeseburger w/ Lettuce & Tomato Potato Chips Pineapple Chunks
Vegetarian	<i>Potatoes w/ Gravy</i>	<i>Buttered Noodles</i>			<i>Veggie Burgers</i>
PM	Vanilla Pudding & Animal Crackers	Veggies Sticks w/ Cheddar Cheese Sticks	Banana Pudding Cups	Graham Crackers Cheddar Cheese	Rice Crispy Treats
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancake w/Syrup Peaches	Honey Butter Biscuits Turkey Bacon	Cinnamon Rolls Applesauce	Egg & Cheese Tacos Peaches	Cereal w/ Milk
AM	Sliced Bananas	Animal Crackers	Veggies Sticks w/ Ranch	Granola & Yogurt Cups	Apple Cinnamon Muffins
Lunch	Turkey Fingers Mashed Potatoes Sweet Carrots Sliced Apples	Spaghetti w/ Meatballs Tossed Salad w/ Ranch Fruit Medley	Chicken Nuggets Mac & Cheese Mixed Veggies Fruit Medley	Tomato Basil Soup Grilled Cheese Sandwich Mandarin Oranges	Hot Dogs Tator Tots Peaches
Vegetarian	<i>Potatoes w/ Gravy</i>	<i>Spaghetti</i>	<i>Plant-based Nuggets</i>		<i>Cheese Tots</i>
PM	Saltine Crackers w/ Jelly	Pretzel String Cheese	Mixed Fruit Cups	Oatmeal Cups Milk	Trail Mix

Milk is served with breakfast and lunch; water is also available to the children throughout the day.

Infants- 24 months will be served whole milk. Children 2 years and up will be served 1%

**Appropriate substitutions will be made for the Toddlers and Twos*

We are a Nut- Free environment!

All fresh fruits are seasonal

Pastas, Pizza, and Breads are whole wheat.