

OCTOBER MENU

PRESCHOOL

MONDAY 10/6	TUESDAY 10/7	WEDNESDAY 10/8	THURSDAY 10/9	FRIDAY 10/10
<u>BREAKFAST</u> 1 CHEERIOS ½ C. FRUIT COCKTAIL 8oz. MILK <u>LUNCH</u> TURKEY SANDWICH 1 oz. DELI TURKEY 1 oz. W.W. BREAD 1 oz. AMERICAN CHEESE ½ C. CARROT STICKS WITH RANCH ¼ C. MANDARIN ORANGES 8 oz. MILK <u>SNACK</u> 1 oz. GRAHAM CRACKERS 8oz. MILK	<u>BREAKFAST</u> APPLE QUESSADILLAS 1oz. FLOUR TORTILLA ½ C. APPLE 8 oz. MILK <u>LUNCH</u> TERIYAKI CHICKEN TENDERS 2 oz. CHICKEN 1 oz. BROWN RICE ½ C. PEAS & CARROTS ¼ C. PINEAPPLE CHUNKS 8 oz. MILK <u>SNACK</u> 1 oz. CLUB CRACKERS ¼ C. 100% GRAPE JUICE	<u>BREAKFAST</u> 1 oz. W.G. OATMEAL W/ RAISINS ¼ C. ORANGES 8 oz. MILK <u>LUNCH</u> RED BEEF ENCHILADAS 1 oz. GROUND BEEF & 1oz. CHEESE 1 oz. W.G. CORN TORTILLAS ¼ C. PINTO BEANS ¼ C. MANGO CHUNKS 8 oz. MILK <u>SNACK</u> 1 oz. TORTILLA CHIPS ¼ C. GUACAMOLE/ SALSA	<u>BREAKFAST</u> 1 oz. W.G. LIFE CEREAL ¼ C. BANANA 8oz. MILK <u>LUNCH</u> PIZZA MUFFINS 1 oz. CHEESE & 1 oz. PEPPERONI 1 oz. ENGLISH MUFFIN ½ C. COOKED ZUCCHINI ¼ C. KIWI 8 oz. MILK <u>SNACK</u> 1 oz. RITZ CRACKERS 2 oz. STRING CHEESE	CFC CLOSED STAFF DEVELOPMENT
MONDAY 10/13	TUESDAY 10/14	WEDNESDAY 10/15	THURSDAY 10/16	FRIDAY 10/17
<u>BREAKFAST</u> 1 oz. CHEERIOS ½ C. APPLESAUCE 8 oz. MILK <u>LUNCH</u> LASAGNA 1 oz. MEAT / 1 oz. CHEESE 1 oz. PASTA ½ C. GREEN SALAD W/DRESSING ¼ c. FRUIT COCKTAIL 8 oz. MILK <u>SNACK</u> ½ CARROT STICKS W/ RANCH 1 oz. PRETZELS	<u>BREAKFAST</u> 1 oz. LIFE CEREAL ½ C. STRAWBERRIES 8 oz. MILK <u>LUNCH-BISTRO</u> CHILI 1oz. GROUND BEEF 1 oz. CHEESE ½ C. BEANS 1 oz. SALTINES ¼ C. APPLES 8 oz. MILK <u>SNACK</u> 1 oz. RITZ ¼ C. CELERY W/ CREAM CHEESE DIP	<u>BREAKFAST</u> 1 oz. WAFFLE ½ C. BERRIES 8 oz. MILK <u>LUNCH</u> MACARONI & CHEESE W/HAM 1 oz. MACARONI 1 ½ oz. CHEESE ½ oz. HAM ½ C. PEAS ¼ C. BANANA 8 oz. MILK <u>SNACK</u> ¾ C. ORANGES 1 oz. GRAHAM CRACKERS	<u>BREAKFAST</u> 1 oz. CORNFLAKES ½ C. TANGERINES 8 oz. MILK <u>LUNCH</u> BBQ CHICKEN LEGS 2 oz. CHICKEN ½ C. GREEN BEANS 1oz. ROLL ¼ c. PEACHES 8 oz. MILK <u>SNACK</u> 1oz. GOLD FISH CRACKERS ¾ C. GRAPES	<u>BREAKFAST</u> 1 oz. ENGLISH MUFFIN W/ JELLY ½ C. MIXED FRUIT 8oz. MILK <u>LUNCH</u> CHICKEN & WAFFLES 2 oz. CHICKEN PATTY 1 oz. WAFFLE ½ C. CORN COBBETTE ¼ C. MXED FRUIT 8 oz. MILK <u>SNACK</u> 4 oz. YOGURT 1 oz. ANIMAL CRACKERS

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

OCTOBER MENU

PRESCHOOL

MONDAY 10/20	TUESDAY 10/21	WEDNESDAY 10/22	THURSDAY 10/23	FRIDAY 10/24
<u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ¼ C. PEARS 6 oz. MILK <u>LUNCH</u> <i>HAM SANDWICH</i> 1 oz. HAM & ½ oz. CHEESE ½ oz. W.G. BREAD ¼ C. LETTUCE & TOMATOES ¼ C. PINEAPPLE CHUNKS 6 oz. MILK <u>SNACK</u> ½ C. 100% APPLE JUICE ½ oz. RITZ	<u>BREAKFAST</u> ½ oz. SCRAMBLED EGGS ¼ C. TANGERINE 6 oz. MILK <u>LUNCH</u> <i>TUNA MELTS</i> ½ oz. W.G. ENGLISH MUFFIN 1 oz. TUNA & ½ oz. SLICED CHEESE ¼ C. GREEN BEANS ¼ C. GRAPES 6 oz. MILK <u>SNACK</u> ½ C. KIWI ½ oz. CLUB CRACKERS	<u>BREAKFAST</u> ½ oz. W.G. WAFFLE ¼ C. BERRIES 6 oz. MILK <u>LUNCH</u> <i>BROCCOLI CHICKEN ALFREDO</i> ½ oz. PASTA 2 oz. CHICKEN ¼ C. BROCCOLI ¼ C. ORANGES 6 oz. MILK <u>SNACK</u> ½ oz. SALTINES W/ CREAM CHEESE RANCH SPREAD ¼ C. CARROT STICKS	<u>BREAKFAST</u> ½ oz. W.G. SHREDDED WHEAT ¼ C. BANANAS 6 oz. MILK <u>LUNCH</u> <i>HOT DOG</i> 1 ½ oz. HOTDOG ½ oz. BUN ½ C. TATER TOTS ¼ C. HONEYDEW MELON 6 oz. MILK <u>SNACK</u> ½ oz. CHEEZE ITS ½ C. 100% GRAPE JUICE	<u>BREAKFAST</u> ½ oz. W.G. OATMEAL ¼ C. MIXED FRUIT & ¼ C. RAISINS 6 oz. MILK <u>LUNCH</u> <i>BEEF STROGANOFF</i> 1 ½ oz. GROUND BEEF ½ oz. NOODLES ¼ C. PEAS & CARROTS ¼ C. MIXED FRUIT 6 oz. MILK <u>SNACK</u> ½ C. MIXED FRUIT ½ oz. PRETZELS
MONDAY 10/27	TUESDAY 10/28	WEDNESDAY 10/29	THURSDAY 10/30	FRIDAY 10/31
<u>BREAKFAST</u> ½ oz. RAISIN BREAD & BUTTER ¼ C. APPLES 6 oz. MILK <u>LUNCH</u> <i>TURKEY SAND.</i> 1 ½ oz. DELI TURKEY ¼ C. GREEN SALAD W/DRESS. ½ oz. W.G. BREAD ¼ C. FRUIT COCKTAIL 6 oz. MILK <u>SNACK</u> ½ oz. W.G. PITA BREAD ½ C. HUMMUS	<u>BREAKFAST</u> ½ oz. MINI BAGEL W/CREAM CHEESE ¼ C. STRAWBERRIES 6 oz. MILK <u>LUNCH</u> <i>BEAN & CHEESE BURRITOS</i> 1 oz. BEANS & ½ oz. CHEESE ½ oz. W.G. TORTILLA ¼ C. CARROT STICKS /RANCH ¼ C. ORANGES 6 oz. MILK <u>SNACK</u> ½ oz. NUTRIGRAIN BARS 6 oz. MILK	<u>BREAKFAST</u> ½ oz. PANCAKES ¼ C. HOT CINNAMON PEACHES 6 oz. MILK <u>LUNCH</u> <i>CHICKEN NUGGETS</i> 1 ½ oz. CHICKEN NUGGETS ¼ C. SWEET POTATO FRIES ½ oz. W.G. ROLL ¼ C. PINEAPPLE 6 oz. MILK <u>SNACK</u> ½ oz. COTTAGE CHEESE ½ OZ. MILTONS CRACKERS	<u>BREAKFAST</u> ½ oz. W.G. GOLDEN APPLE OATMEAL ¼ C. APPLES 6 oz. MILK <u>LUNCH</u> <i>Make your own jack o lantern pizza</i> ½ oz. CHEESE 1 oz. PEPPERONI ½ oz. W.G. ENGLISH MUFFIN 1/4 C. OLIVE SLICES 1/4 C. PEPPERS ¼ C. CANTALOUPE 6 oz. MILK <u>SNACK</u> ½ C. PUMPKIN APPLESauce ½ Oz. GRAHAM CRACKERS	<u>HALLOWEEN</u> <u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ¼ C. MIXED FRUIT 6 oz. MILK <u>LUNCH</u> <i>GRILLED CHEESE SANDWICHES</i> 1 ½ OZ. AMERICAN CHEESE ½ oz. W.G. BREAD ¼ C. CELERY STICKS/RANCH ¼ C. MIXED FRUIT 6 oz. MILK <u>SNACK</u> ½ oz. HALLOWEEN CHEERIOS MIX CHOCOLATE CHEERIOS, PRETZELS, PUMPKIN CHEERIOS ¼ C. TANGERINES

W.G. = Whole Grain

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

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