

# October 2018 main menu

Toddler substitution in ( )

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, or 1 bananas, berries, melon

Juice Selections: Apple Grape orange

\* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins( banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	1. grams/ bananas	2. english muffins/ butter	3 . Rice Krispies/milk	4 oatmeal/fruit/milk	5. Raisin Bread/Milk
Lunch	mac and cheese peas Fresh Fruit	hamburger on w bun roasted potatoes Fresh Fruit	spaghetti & meatballs broccoli Fresh Fruit	chicken pot pie carrots Fresh Fruit	chicken patties corn/ (green beans) Fresh Fruit
PM Snack	cheese-its/ juice	pita chips and ranch	Animal crackers/Juice	Cheese & Crackers/water	Chex Mix/juice
Breakfast	8	9. Peaches/grams milk	10. wg cereal/banana/milk	11. Yoghurt /cheerios/milk	12. oranges/milk
Lunch	closed	chicken tenders broccoli Fresh Fruit	chicken alfredo Carrots carrots	slopy joes/wheatbun roasted potatoes Fresh Fruit	Lasagna w/ meat corn/ (green beans) Fresh Fruit
PM Snack		Ants on a log/raft/juice	Cheese-its/juice	cheese cubes/pretzels/water	Junior raisin mix/juice
Breakfast	15. Biscuit w/butter/milk	16. Waffles/fruit/milk	17. Cheerios/banana/milk	18.Cinnamon Oatmeal/milk	19 cinnamon rolls/milk
Lunch	spaghetti/meatballs broccoli fresh fruit	chicken fajitas Cooked Carrot Fresh Fruit	cheese pizza peas Fresh Fruit	chicken pot pie potatoes Fresh Fruit	beef tacos/cheese/lettuce refried beans Fresh Fruit
PM Snack	Carrots & dip/juice	cheese stick/wg oyster crackers	Goldfish/juice	Banana butterfly/water	Cheesy chex mix/Juice
Breakfast	22. Apple square/water	23. Pancakes/milk	24. Rice Squares cereal	25 Yoghurt/fruit/milk	26. Cinnamon toast/fruit
Lunch	meatloaf red potatoes Fresh Fruit	beef and noodles carrots Fresh Fruit	chicken tenders peas Fresh Fruit	turkey wraps green beas peaches	sesame chicken&noodles broccoli Fresh Fruit
PM Snack	peaches and grams	Cucumber/crackers/water	Vanilla wafers/juice	Wheat thins/ juice	riscuits & cheddar cheese, wate
Breakfast	29.grapes/ berry kix	30. cottage cheese/fruit	31. bran flakes/banana		
Lunch	sloppy joes roasted potatoes Fresh Fruit	chili/crackers corn/ green beans Fresh Fruit	chicken patty Carrots Fresh Fruit		
PM Snack	chips and salsa	pretzels and juice	Animal crackers/Juice		
Breakfast					
Lunch					
PM Snack					

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