

October 2021 Children's House menu

Toddler substitution in ()


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

Fruit Selections: Grapes, Apples, Oranges, (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	4. bagels/cream cheese/milk	5. yogurt parfait/milk	6. rice Krispie/ milk	7. Oatmeal/milk	8. raisin bread/milk
Lunch	chicken noodle soup broccoli fruit	hot ham and cheese taterfots Fresh Fruit	beef/bean enchilada bake corn fresh fruit	chicken pot pie roasted sweet potatoes fresh fruit	cheese pizza peas fresh fruit
PM Snack	pretzels/juice	cheese and crackers	animal crackers/ Juice	grape tomatoes/cheese cubes	chex mix/ Juice
Breakfast	11. closed	12. waffles/milk	13. Cheerios/milk	14 toast/butter/jelly/milk	15. orange slices/kix
Lunch		sloppy joes green beans Fresh Fruit	teriyaki turkey meatballs rice/cauliflower fresh fruit	veggie chilli cornbread/ carrots fresh Fruit	oatmeal pancakes yogurt/tater tots fresh fruit
PM Snack		carrots/dip/ juice	cheese-its/ juice	chips and cheese	junior mix/ Juice
Breakfast	18.english muffins/milk	19. yogurt parfait/milk	20.cinnamon toast crunch/milk	21 .oatmeal/milk	22. Banana/gram/milk
Lunch	cheese lasagna green beans fresh fruit	turkey/cheese wrap broccoli fresh fruit	beef tacos glazed carrots fresh Fruit	chicken nuggets mashed potatoes fresh Fruit	cheese pizza cucumber slices fresh fruit
PM Snack	wheat thins /juice	grapes/crackers	goldfish/ juice	pita chips/ juice	cheesy chex mix
Breakfast	25. cinnamon toast/milk	26. pancakes/milk	27. Kix/ milk	28. french toast sticks/milk	29. classroom parties
Lunch	pasta w/marinara cheesestick/broccoli fresh fruit	chicken salad/wg pita cucumber slices Fresh Fruit	chicken& vegetable curry brown rice/ carrots fresh fruit	hamburger slices peas fresh fruit	ham & cheese fritatta biscuit/ taterfots fresh fruit
PM Snack	trisuits/juice	Chips and salsa	pepper slices/ oyster crackers	mixed fruit/ crackers	apples/cheese cubes
Breakfast					
Lunch					
PM Snack					
Breakfast					
Lunch					