

October 2020 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				1. Oatmeal/milk	2. cinnamon rolls/milk
Lunch				hamburger slider peas fruit	veggie fritatta biscuit hashbrowns/ Fruit
PM Snack				cooks choice	carrot/dip/juice
Breakfast	5. Mini Bagels/cc/milk	6. Yogurt parfait/milk	7 . Rice krispies/milk	8. english muffin/ jelly/milk	9.raisin bread/butter/milk
Lunch	spaghetti w/marinara cheesestick/broccoli fresh fruit	ham sandwich baked beans/cucumbers Fresh Fruit	cheese quesadilla glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh Fruit	Pizza green beans fresh fruit
PM Snack	oranges/grams	pretzel and juice	animal crackers/juice	pita chips/juice	Chex mix/ Juice
Breakfast	12. closed	13. waffles/ milk	14. cheerios/ milk	15 . oatmeal /milk	16 waffles/milk
Lunch		grilled cheese tomato soup fresh Fruit	chicken fried rice broccoli fresh Fruit	meatloaf/dinner roll sweet potato bake Fruit	french toast casserole sausage patty roasted potatoes/ Fruit
PM Snack		grape/club crackers	cheese-its/juice	tortilla chips/nacho cheese	junior raisin mix/ juice
Breakfast	19 yogurt parfait/milk	20. cinnamon toast/milk	21. berry Kix /milk	22. biscuits /milk	23.banana and grams
Lunch	alphabet pasta salad broccoli fruit	hawaiian crunch wrap tatertots Fruit	beef and bean enchilada bake corn Fruit	chicken pot pie roasted sweet potatoes fruit	pizza peas fruit
PM Snack	wheat thins/juice	cucumber slices/crackers	goldfish/ juice	pita chips/juice	cheesy chex mix/juice
Breakfast	26.pancakes/milk	27.applesauce and grams	28. cinnamon toast crunch milk	29. cinnamon oatmeal/milk	30. toast/milk
Lunch	chicken penne cucumber slices fruit	sloppy joes green beans fruit	sesame noodles w/chicken roasted cauliflower fruit	veggie chili cornbread/ roasted carrots fruit	fruit and bran muffin vanilla greek yogurt hashbrowns/ Fruit
PM Snack	triscuits w/cheese sauce	pepper slices/oyster crackers	grape tomatoes/cheese cubes	salsa/totilla chips	halloween harvest mix
Breakfast					
Lunch					

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PM Snack