

Early Childhood Menus October 2016

Milk is included with breakfast and snack



10/3	Wk 5	10/4	10/5	10/6	10/7
Rosh Hashanah Closed	Rosh Hashanah Closed		Cereal Banana	Blueberry Muffin Mixed Fruit	Cinn. Raisin Bagel Tropical Fruit
			Tuna Salad/Pretzel Bread Sticks Baby Carrots w/Russian Dressing Cherry Tomato Halves Orange Juice	Pasta Shells and Meat Sauce Green Salad/Caesar Dressing Fresh Pear Grape Juice	Homemade Chicken Nuggets/Honey Mustard Baked Sweet Potatoes Cinn. Apple Slices Challah Apple Juice
			String Cheese	Cheese Crackers	Peaches w/Whipped Topping
10/10	Wk 1	10/11	10/12	10/13	10/14
Cereal Mixed Fruit	English Muffin Half Pineapple Tidbits	Yom Kippur Closed		Wheat Toast Scrambled Eggs/Red Pepper Apricot Half	Pancake Banana
Mac and Cheese Green Beans Strawberry Cup Orange Juice	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges Pineapple Juice			Stir Fry Green Rice, Eggs, Smoked Turkey Cherry Tomatoes Diced Pears Grape Juice	Chicken Drumstick Sweet Potato Wedges Tropical Fruit Apple Juice Challah
Apples/Soy Butter	Cereal Snack Mix			Tropical Fruit/Vanilla Pudding	Bagel Half/ Cr. Cheese

Early Childhood Menus October 2016

Milk is included with breakfast and snack



Monday		Tuesday		Wednesday		Thursday		Friday	
10/17	Wk 2	10/18		10/19		10/20		10/21	
Cereal Diced Peaches		Blueberry Bagel Strawberry Cup		Cereal Banana Half		French Toast Sticks Tropical Fruit		English Muffin Half Diced Pears	
Pizza Bagel Carrot Sticks/Honey Mustard Dressing Pineapple Tidbits Apple Juice		Orange Drumsticks Orzo Pilaf Green Beans Tropical Fruit Pineapple Juice		Cheese Quesadillas Red Pepper Strips/Ranch Salsa Diced Peaches Apple Juice		Homemade Turkey Burger/Whole Wheat Roll Sweet Corn Fresh Apple Wedges Grape Juice		Homemade Meatloaf Mashed Potatoes/Gravy Cinnamon Peaches Challah Apple Juice	
Vanilla Yogurt/Fruit Granola		Graham Crackers/Applesauce		Peach Crisp		Pretzels		Whole Wheat Bagel Half	
10/24	Wk 3	10/25		10/26		10/27		10/28	
Cereal Mixed Fruit Apple Juice		Biscuit Applesauce Orange & Apple		Fruit Oat Granola Banana Pineapple&Apple Juice		Bagel/Cream Cheese Tropical Fruit Apple Juice		Cinnamon Wheat Toast Apricot Half Orange & Apple Juice	
Tomato Rice Soup Toasted Cheese Dippers Fresh Plum Pineapple Juice		<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges Apple Juice		Vegetable Quiche Green Salad w/Ranch Dressing Fresh Red Grapes Orange Juice		Homemade Meatballs Rotini Pasta Seasoned Cauliflower Diced Pears Grape Juice		Turkey/Gravy Seasoned Potato Bites Cran Applesauce Pineapple Juice Challah	
Oatmeal Raisin Cookies		Fresh Pear		Tropical Fruit/Cake Square		Cottage Cheese/Mandarin Oranges		Baby Carrots/Russian Dressing	

Early Childhood Menus October 2016

Milk is included with breakfast and snack



Monday		Tuesday	Wednesday	Thursday	Friday
10/31	Wk 4				
Cereal Diced Pears					
Pizza Bagel Broccoli/Ranch Dressing Fresh Red Grapes Orange Juice					
Soft Pretzel Bites/Honey Mustard Sauce					