October Menu 2020

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | Multigrain English  Muffin w/ Jam  Bananas | French Toast Sticks  Oranges | Oatmeal  Raisins | Cinnamon and Raisin Bagel with Butter  Peaches | Low-Sugar Cereal  Milk |
| **Lunch** | Pasta with Veggie  Marinara  Tossed Salad  Peaches  Milk | Chhicken Fried Rice  Steamed Edamame  Apples  Milk | Grilled Cheese on  Multigrain Bread  Tomato Soup  Apples  Milk | Sloppy Joe’s  Peas  Pears  Milk | Pizza  Carrots with Ranch  Peaches  Milk |
| **Afternoon Snack** | Pretzels  Greek Yogurt | Ritz Crackers  Pears | Sun Chips  Bananas | Goldfish  Cheese Sticks | Rice Cakes  Oranges |
| **Morning Snack** | Biscuits with Jam  Bananas | Banana Muffins  Apples | Cream of Wheat  Apples | Fresh Fruit Smoothie  Avocado Toast  Bananas | Low-Sugar Cereal  Milk |
| **Lunch** | Three Cheese Alfredo  Broccoli  Oranges  Milk | Chicken Noodle Soup  Saltine Crackers  Bananas  Milk | Mac & Cheese with  Sausage  Green Beans  Apples  Milk | Chili  Cornbread  Pears  Milk | Pizza  Broccoli  Peaches  Milk |
| **Afternoon Snack** | Granola Bars  Apples | Chips and Salsa  Apples | Popcorn  Pineapple | Cheese Crackers  Mandarin Oranges | Club Crackers  Cheese |
| **Morning Snack** | Blueberry Muffin  Greek Yogurt | Ham and Cheese Omelet | Oatmeal  Raisins | Egg Bites with Veggies | Low-Sugar Cereal  Milk |
| **Lunch** | Taco Pasta  Peas  Kiwi  Milk | Ham & Cheese  Sandwich  Corn  Apple Sauce  Milk | Glazed Barbecue Meatloaf Bites  Mashed Potatoes  Corn  Apples  Milk | Sloppy Joes  Green Beans  Apple Sauce  Milk | Pizza  Carrots with Ranch  Pineapple  Milk |
| **Afternoon Snack** | Goldfish Crackers  Raisins | Granola Bars  Oranges | Cheese Crackers Bananas | Sun Chips  Apples | Pretzels  Bananas |
| **Morning snack** | French Toast  Greek Yogurt | Tropical Smoothies  Avocado Toast  Milk | Cream of Wheat | Yogurt  Kiwi | Low-Sugar Cereal  Milk |
| **Lunch** | Beef Stew  Apple Sauce  Milk | Lasagna  Salad w dressing  Mandarin Oranges  Milk | Chicken Quesadillas  Black beans  Rice  Guacamole | Sunbutter & Jelly  Green Beans  Pineapple  Milk | Baked Penne  Broccoli  Bananas  Milk |
| **Afternoon Snack** | WW Crackers  Edamame | Sushi  Milk | Rice Crackers  Pear | Graham Cracker  Berries | Annie’s Snack Mix  Kiwi |

Children under 2 get whole milk and older children get 1%.

All children 12 months and older eat from this menu

Children under 12 months receive breast milk and/or formula

Parents provide baby food and additional snacks for babies and toddlers

The cereal we serve is usually organic and very low sugar