October Menu 2020

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|   | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
|  **Morning snack**  | Multigrain English Muffin w/ Jam Bananas  | French Toast SticksOranges   | OatmealRaisins | Cinnamon and Raisin Bagel with Butter Peaches |  Low-Sugar CerealMilk |
| **Lunch**  | Pasta with Veggie Marinara Tossed SaladPeachesMilk  | Chhicken Fried Rice Steamed EdamameApples Milk  | Grilled Cheese on Multigrain Bread Tomato SoupApplesMilk  | Sloppy Joe’sPeas Pears Milk  | PizzaCarrots with RanchPeachesMilk  |
| **Afternoon Snack**  | PretzelsGreek Yogurt | Ritz CrackersPears  | Sun ChipsBananas  | GoldfishCheese Sticks  | Rice CakesOranges |
| **Morning Snack**  | Biscuits with JamBananas | Banana MuffinsApples  | Cream of WheatApples  | Fresh Fruit SmoothieAvocado ToastBananas  | Low-Sugar CerealMilk |
| **Lunch**  | Three Cheese AlfredoBroccoliOrangesMilk  | Chicken Noodle SoupSaltine CrackersBananasMilk  | Mac & Cheese with Sausage Green Beans Apples Milk  | ChiliCornbreadPears Milk  | PizzaBroccoli PeachesMilk  |
| **Afternoon Snack**  | Granola BarsApples  | Chips and SalsaApples  | PopcornPineapple  | Cheese CrackersMandarin Oranges | Club CrackersCheese  |
|  **Morning Snack**  | Blueberry Muffin Greek Yogurt | Ham and Cheese Omelet | OatmealRaisins | Egg Bites with Veggies | Low-Sugar CerealMilk |
| **Lunch**  | Taco Pasta Peas Kiwi Milk | Ham & Cheese Sandwich Corn Apple SauceMilk |  Glazed Barbecue Meatloaf Bites Mashed PotatoesCorn Apples Milk | Sloppy JoesGreen Beans Apple SauceMilk  | PizzaCarrots with RanchPineapple Milk  |
| **Afternoon Snack**  | Goldfish Crackers Raisins | Granola BarsOranges  | Cheese Crackers Bananas | Sun ChipsApples | Pretzels Bananas  |
| **Morning snack**  | French ToastGreek Yogurt | Tropical SmoothiesAvocado ToastMilk  | Cream of Wheat | Yogurt Kiwi  | Low-Sugar CerealMilk |
| **Lunch**  | Beef StewApple SauceMilk | LasagnaSalad w dressingMandarin OrangesMilk  | Chicken QuesadillasBlack beansRiceGuacamole | Sunbutter & Jelly Green Beans Pineapple Milk  | Baked Penne Broccoli Bananas Milk  |
| **Afternoon Snack**  | WW CrackersEdamame  | SushiMilk | Rice CrackersPear  | 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