

DAYCARE/ELEMENTARY/MIDDLE MENU



OCTOBER	BREAKFAST	LUNCH	SNACK
MONDAY 2	Chex Simply Cereal, Fresh Sliced Apples (Bag), Milk.	Black Beans & Brown Rice, Fish Sticks, Diced Peach/Mandarin, Milk.	Goldfish Crackers, Assorted Yogurt.
TUESDAY 3	Pancake (Syrup), Natural Orange (Cup), Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Apple Sauce (Cup) Milk/Brown Rice Toddlers.	Assorted Mini Muffins, Milk.
WEDNESDAY 4	Raising Mini Bagel (Cream Cheese), Milk.	Split Peas/Garbanzo Beans, Brown Rice, Meatballs, Pineapple Tidbits, Milk .	Assorted Crackers, Juice
THURSDAY 5	French Toast Sticks (Syrup), Milk.	Ground Pork, Brown Rice, Ripe Sweet Plantains, Milk.	Animal Crackers, Milk.
FRIDAY 6	Egg Patty/Toast Bread, Banana, Milk.	Spaguetti with Ham (Sauce & Cheese), Garlic Bread, Fruit Cocktail, Milk.	Rice Krispies, Jell-O.

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MONDAY 9	Corn Flakes Cereal, Natural Orange (Cup) , Milk.	Brown Rice, Lentils, Chicken Nuggets, Seasonal Carrots or Green Beans, Milk.	Cheese Stick Strings, Saltine Crackers, Milk.
TUESDAY 10	Waffles (Syrup) Milk.	“Moro” Rice (Black or Red Beans), Breaded Fish Sticks, Apple Sauce (Cup), Milk.	Lady Finger Cookies, Fruit Sorbet.
WEDNESDAY 11	Kaiser Roll (Butter), Milk.	Ground Turkey, Brown Rice, Orange Slice or Mandarin, Milk.	Sliced Cheese, Soft Tortilla, Orange Jell-O.
THURSDAY 12	Assorted Mini Muffin, Milk.	Rice with Baked Chicken, Diced Peach, Milk.	Assorted Cookies, Milk.
FRIDAY 13	Biscuit (Butter), Banana, Milk.	Macaroni with Meat (Sauce and Cheese), Garlic Bread, Green Beans, Milk.	Ritz Crackers, Vanilla Pudding

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MONDAY 16	Cheerios Cereal, Natural or Sliced Apple, Milk.	Brown Rice & Black Beans, Chicken Tenders, Diced Pears, Milk.	Assorted Mini Muffins, Milk.
TUESDAY 17	Pancake (Syrup), Milk.	Fish Patty on a Bun, Lettuce & Tomatoes, Curly French Fries or Baked Sweet Potatoes, Milk. (Brown rice for Toddlers)	Goldfish Crackers, Pudding (Sugar Free)
WEDNESDAY 18	Raising Mini Bagel (Cream Cheese), Milk.	Beef Tacos, Soft Tortilla or Crunch Tacos, Lettuce & Tomatoes, Cheddar Cheese, Pineapple Tidbits, Milk. (Brown rice for Toddlers)	Cracker Vanilla, Fruit Sorbet
THURSDAY 19	Cheese Omelet, Toast Bread, Milk.	Brown rice and Red Beans, Chicken Nuggets, Sliced Apples, Milk.	Chips Assorted, Juice
FRIDAY 20	Kaiser Roll (Butter), Banana, Milk.	Spaghetti with Sausage (Sauce & Cheese), Garlic Bread, Tropical Fruit Salad, Milk.	Cheese Stick Strings, Ritz Crackers, Milk.

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OCTOBER	BREAKFAST	LUNCH	SNACK
MONDAY 23	Chex Simply Cereal, Natural Pears, Milk.	Brown rice & Black Beans, Chicken Patty, Fruit Cocktail, Milk.	Goldfish, Cheese, Vanilla Pudding.
TUESDAY 24	Assorted Mini Muffins, Milk.	Ground Beef (Picadillo), Brown Rice, Ripe Sweet Plantains, Milk.	Assorted Cookies, Juice.
WEDNESDAY 25	Link Sausage, Bread Toast, Milk.	Roasted Pork, Brown Rice, Pineapple Tidbits, Milk.	Vanilla Cracker, Milk.
THURSDAY 26	French Toast (Syrup), Milk.	Diced Chicken (Sauce), Brown Rice, Green Beans, Milk.	Ritz Cookies, Assorted Yogurt.
FRIDAY 27	Cheese Quesadilla, Banana, Milk.	Macaroni with Meatballs (Sauce & Cheese), Garlic Bread, Diced Peach, Milk.	Animal Crackers, Apple Sauce.