### Early Learning Center Menu October 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Breakfast:** Waffles w/syrup & fruit  
**Lunch:** Spaghetti (wg) & Meatballs, salad, green beans, & fruit  
**Snack:** Hummus, blanched carrots, & fruit | **Breakfast:** Yogurt, fresh fruit, & Granola  
**Lunch:** Chicken & Dressing peas, applesauce, & roll (wg)  
**Snack:** Goldfish & fruit | **Breakfast:** Muffins, & fruit  
**Lunch:** Steak fingers, mashed potatoes, & carrots, roll (wg)  
**Snack:** Graham crackers, fruit, & yogurt | **Breakfast:** Cereal, fruit  
**Lunch:** Sloppy joe boats, tater tots, corn, & fruit  
**Snack:** Sun Chips (wg), fruit, cheese cubes | **Breakfast:** Sausage Biscuits & fruit  
**Lunch:** Pizza, salad, veggie medley, & fruit  
**Snack:** Cheese and crackers (wg) & fruit |
| Breakfast: Pancakes w/syrup & fruit  
Lunch: Cheeseburger macaroni (wg), peas, applesauce,  
Snack: Hummus, blanched carrot sticks, & fruit | Breakfast: Yogurt, fruit & granola  
Lunch: Hamburger patty, mashed potatoes & gravy, veggies, bun (wg), & fruit  
Snack: Graham crackers, fruit | Breakfast: French toast w/syrup & fruit  
Lunch: Chicken nuggets, French fries, peas & carrots, fruit  
Snack: Pretzels (wg) & fruit | Breakfast: Cereal & fruit  
Lunch: Soft shell (wg) beef tacos, lettuce, tomatoes, refried beans, & fruit  
Snack: Cheese-Its, fruit | Breakfast: Chicken biscuit & fruit  
Lunch: Pizza, corn, salad & fruit  
Snack: Cheese & crackers (wg), fruit |
| **Breakfast:** Waffles with syrup & fruit  
**Lunch:** Spaghetti (wg) & meatballs, salad with dressing, carrots, fruit  
**Snack:** Hummus, blanched carrot sticks, & fruit | Breakfast: Yogurt, fruit & granola  
**Lunch:** Macaroni & cheese, pinto beans, cornbread, broccoli, & fruit  
**Snack:** Cheese and crackers (wg), fruit | Breakfast: Muffins & fruit  
**Lunch:** meatballs with brown rice (wg), broccoli, fruit  
**Snack:** Grilled Chicken, noodles (wg), **Snack:** Goldfish & fruit | Breakfast: Cheerios (wg) & fruit  
**Lunch:** Meatloaf, mashed potatoes, green beans, & fruit  
**Snack:** Guacamole & pretzels (wg) | Breakfast: Sausage biscuit & fruit  
**Lunch:** Pizza, salad, green beans, fruit  
**Snack:** Guacamole & pretzels (wg) |
| **Breakfast:** Pancakes w/syrup, fruit  
**Lunch:** Chicken nuggets, tater tots, peas/carrots, roll (wg), fruit  
**Snack:** Fruit & Goldfish | Breakfast: Yogurt, fruit & granola  
**Lunch:** Teriyaki meatballs, rice, broccoli, & fruit  
**Snack:** Sun chips (wg), fruit, & cheese cubes | Breakfast: French toast sticks w/syrup, & fruit  
**Lunch:** Turkey and cheese roll ups (wg), mac & cheese, carrots, fruit  
**Snack:** Yogurt, vanilla wafers, & fruit | Breakfast: Cereal & fruit  
**Lunch:** Cheeseburgers with whole wheat bun (wg), tater tots, baked beans, fruit  
**Snack:** Cheese nips & fruit | Breakfast: Chicken biscuit & fruit  
**Lunch:** Pizza, salad, green beans, fruit  
**Snack:** Cheese and crackers (wg), mixed fruit |
| **Breakfast:** Waffles w/syrup & fruit  
**Lunch:** Crispitos w/brown rice (wg), salad w/ranch, fruit  
**Snack:** Fruit, Goldfish | Breakfast: Fruit, & Granola  
**Lunch:** Breakfast for Lunch: Pancakes w/syrup, hashbrown patties, sausage, & applesauce  
**Snack:** Sun chips (wg) & fruit | Breakfast: Muffins, fruit,  
**Lunch:** Pasta (wg) Alfredo w/chicken, peas, & applesauce  
**Snack:** Cheese and crackers, fruit | Breakfast: Oatmeal (wg) and fruit  
**Lunch:** Beef Nachos chili beans, lettuce, tomatoes, & fruit  
**Snack:** Graham crackers, fruit & yogurt | Breakfast: Sausage biscuit, fruit, milk  
**Lunch:** Cheese Pizza, salad, corn, fruit  
**Snack:** Guacamole, mild salsa, pretzels (wg), & fruit |

*wg = whole grain

- **Milk** is served at Breakfast and Lunch. (Whole Milk for 1-2 year olds; 1% for ages 3 and up.)
- **Water** is served at snack.