

Early Learning Center Menu October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>Breakfast: Waffles w/syrup, & fruit Lunch: Spaghetti (wg) & Meatballs, salad, green beans, & fruit Snack: Hummus, blanched carrots, & fruit</p>	<p style="text-align: right;">2</p> <p>Breakfast: Yogurt, fresh fruit, & Granola Lunch: Chicken & Dressing peas, applesauce, & roll (wg) Snack: Goldfish & fruit</p>	<p style="text-align: right;">3</p> <p>Breakfast: Muffins, & fruit Lunch: Steak fingers, mashed potatoes, & carrots, roll (wg) Snack: Graham crackers, fruit, & yogurt</p>	<p style="text-align: right;">4</p> <p>Breakfast: Cereal, fruit Lunch: Sloppy joe boats, tater tots, corn, & fruit Snack: Sun Chips (wg), fruit, cheese cubes</p>	<p style="text-align: right;">5</p> <p>Breakfast: Sausage Biscuits & fruit Lunch: Pizza, salad, veggie medley, & fruit Snack: Cheese and crackers (wg) & fruit</p>
<p style="text-align: right;">8</p> <p>Breakfast: Pancakes w/syrup & fruit Lunch: Cheeseburger macaroni (wg), peas, applesauce, Snack: yogurt, fresh fruit</p>	<p style="text-align: right;">9</p> <p>Breakfast: Yogurt, fruit & granola Lunch: Hamburger patty, mashed potatoes & gravy, veggies, bun (wg), & fruit Snack: Graham crackers, fruit</p>	<p style="text-align: right;">10</p> <p>Breakfast: French toast w/syrup & fruit Lunch: Chicken nuggets, French fries, peas & carrots, fruit Snack: Pretzels (wg) & fruit</p>	<p style="text-align: right;">11</p> <p>Breakfast: Cereal & fruit Lunch: Soft shell (wg) beef tacos, lettuce, tomatoes, refried beans, & fruit Snack: Cheese-Its, fruit</p>	<p style="text-align: right;">12</p> <p>Breakfast: Chicken biscuit & fruit Lunch: Pizza, corn, salad & fruit Snack: Cheese & crackers (wg), fruit</p>
<p style="text-align: right;">15</p> <p>Breakfast: Waffles with syrup & fruit Lunch: Spaghetti (wg) & meatballs, salad with dressing, carrots, fruit Snack: Hummus, blanched carrot sticks, & fruit</p>	<p style="text-align: right;">16</p> <p>Breakfast: Yogurt, fruit & granola Lunch: Macaroni & cheese, pinto beans, cornbread, broccoli, & fruit Snack: Cheese and crackers (wg), fruit</p>	<p style="text-align: right;">17</p> <p>Breakfast: Muffins & fruit Lunch: meatballs with brown rice (wg), broccoli, fruit Grilled Chicken, noodles (wg), Snack: Goldfish & fruit</p>	<p style="text-align: right;">18</p> <p>Breakfast: Cheerios (wg) & fruit Lunch: Meatloaf, mashed potatoes, green beans, & fruit Snack: Graham crackers, fruit & yogurt</p>	<p style="text-align: right;">19</p> <p>Breakfast: Sausage biscuit & fruit Lunch: Pizza, salad, green beans, fruit Snack: Guacamole & pretzels (wg)</p>
<p style="text-align: right;">22</p> <p>Breakfast: Pancakes w/syrup, fruit Lunch: Chicken nuggets, tater tots, peas/carrots, roll (wg), fruit Snack: Fruit & Goldfish</p>	<p style="text-align: right;">23</p> <p>Breakfast: Yogurt, fruit & granola Lunch: Teriyaki meatballs, rice, broccoli, & fruit Snack: Sun chips (wg), fruit, & cheese cubes</p>	<p style="text-align: right;">24</p> <p>Breakfast: French toast sticks w/syrup, & fruit Lunch: Turkey and cheese roll ups (wg), mac & cheese, carrots, fruit Snack: Yogurt, vanilla wafers, & fruit</p>	<p style="text-align: right;">25</p> <p>Breakfast: Cereal & fruit Lunch: Cheeseburgers with whole wheat bun (wg), tater tots, baked beans, fruit Snack: Cheese nips & fruit</p>	<p style="text-align: right;">26</p> <p>Breakfast: chicken biscuit & fruit Lunch: Pizza, salad, green beans, fruit Snack: Cheese and crackers (wg), mixed fruit</p>
<p style="text-align: right;">29</p> <p>Breakfast: Waffles w/syrup & fruit Lunch: Crisпитos w/brown rice (wg), salad w/ranch, fruit Snack: Fruit, Goldfish</p>	<p style="text-align: right;">30</p> <p>Breakfast: Fruit, & Granola Lunch: Breakfast for Lunch: Pancakes w/syrup, hashbrown patties, sausage, & applesauce Snack: Sun chips (wg) & fruit</p>	<p style="text-align: right;">31</p> <p>Breakfast: Muffins, fruit, Lunch: Pasta (wg) Alfredo w/chicken, peas, & applesauce Snack: Cheese and crackers, fruit</p>	<p style="text-align: right;">1</p> <p>Breakfast: Oatmeal (wg) and fruit Lunch: Beef Nachos chili beans, lettuce, tomatoes, & fruit Snack: Graham crackers, fruit & yogurt</p>	<p style="text-align: right;">2</p> <p>Breakfast: Sausage biscuit, fruit, milk Lunch: Cheese Pizza, salad, corn, fruit Snack: Guacamole, mild salsa, pretzels (wg), & fruit</p>

*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.