

CHILD CARE CENTER

Menu for : October 2019 CCCC

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST 1 WW Toast Strawberries Milk	BREAKFAST 2 Pumpkin Muffins 100% Orange Juice, Milk	BREAKFAST 3 Little Bites 100% Grape Juice, Milk	BREAKFAST 4 Hard Boiled Eggs Bananas, Milk
	P.M. SNACK Blueberry Yogurt Bananas	P.M. SNACK Carrot Sticks, Hummas Pita Slices water	P.M. SNACK Wheat Thins water Red peppers, ranch	P.M. SNACK Bagels, Cream Cheese 100% Apple Juice
BREAKFAST 7 Kix Cereal Dried Apricots, Milk	BREAKFAST 8 Strawberry Yogurt, Mixed Berries, Milk	BREAKFAST 9 Rice Chex Pears, Milk	BREAKFAST 10 WW Toast 100% Orange Juice, Milk	BREAKFAST 11 Pumpkin Muffins Bananas, Milk
P.M. SNACK Cottage Cheese, Mand. Oranges, Water	P.M. SNACK Blueberry Muffins R 100% Apple Juice	P.M. SNACK Orange Cheese Carrots, ranch dip, water	P.M. SNACK Vanilla Yogurt Peaches, Water	P.M. SNACK Watermelon Rice Cakes Water
BREAKFAST 14 Hard Boiled Eggs Bananas, Milk	BREAKFAST 15 Bagels, Cream Cheese 100% Grape Juice, Milk	BREAKFAST 16 Oat Muffins D-Pears Milk	BREAKFAST 17 Biscuits, Preserves 100% Apple Juice, Milk	BREAKFAST 18 Little Bites Cereal D-Peaches, Milk
P.M. SNACK Gold Fish, 100% Orange Juice	P.M. SNACK Wheat Thins Hummus, Red & Green Peppers	P.M. SNACK Cottage Cheese Pineapple, water	P.M. SNACK Triscuit Crackers Carrot sticks, water	P.M. SNACK Graham Crackers, 100% Orange Juice
BREAKFAST 21 Corn Chex Mandarin Oranges, Milk	BREAKFAST 22 Hard Boiled Eggs, Mixed Berries, Milk	BREAKFAST 23 WW Toast, Mixed Fruit Milk	BREAKFAST 24 Rice Chex 100% Orange Juice, Milk	BREAKFAST 25 Cheerios, Apple Slices, Milk
P.M. SNACK Blueberry Muffins Dried Apricots, water	P.M. SNACK Gold Fish, 100% Grape Juice	P.M. SNACK Pumpkin Muffins 100% Apple Juice,	P.M. SNACK Carrots & Green Peppers Hummus, Milk	P.M. SNACK Yogurt Bananas Water
BREAKFAST 28 Little Bites Cereal 100% Orange Juice, Milk	BREAKFAST 29 Biscuits, Preserves Applesauce, Milk	BREAKFAST 30 Granola Yogurt Blueberries Milk	BREAKFAST 31 Hard Boiled Eggs Bananas, Milk	
P.M. SNACK Broccoli & Cauliflower with Ranch, Milk	P.M. SNACK Graham Crackers, 100% Grape Juice	P.M. SNACK String Cheese, Dried Mango Water	P.M. SNACK Oat Muffins R 100% Grape Juice	

Fat Free Milk is served 24 months and up

CN: Child Nutrition Label/PFS: Product Formulation Statement (PURPLE) Recipe on file (BLUE) Sugar Restriction Documentation on file (GREEN)

WGR: Whole Grain Rich (ORANGE)

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