

CHILD CARE CENTER

Menu for : October ▼ 2019 ▼ CCCC ▼

Monday	Tuesday	Wednesday	Thursday	Friday
Dinos D-Diced/Chopped S-Steamed * Alternate Choice	BREAKFAST 1 Waffle Sticks, Banana, Milk LUNCH Grilled Cheese WW bread Tomato Soup DS- Carrots Mixed Fruit Milk P.M. SNACK Oat Muffins 100% Orange Juice	BREAKFAST 2 Pumpkin Muffins D-Peaches, Milk LUNCH Sesame Chicken Asian Noodle Salad (3/4 cup veg in each serv) Mand. Oranges Milk P.M. SNACK Fresh Strawberries, Yogurt, Granola, water	BREAKFAST 3 Little Bites 100% Grape Juice, Milk LUNCH Chicken Nuggets Sweet Potato Tots Sliced Apples Milk P.M. SNACK Wheat Thins Pears, water	BREAKFAST 4 Bagels, Cream Cheese Bananas, Milk LUNCH Tuna Salad Sandwiches WGR Bread D-Cucumbers Sliced Oranges Milk P.M. SNACK Rice Cakes 100% Apple Juice
BREAKFAST 7 Scramble Eggs Bananas, Milk LUNCH Chicken Curry Casserole (WGR Grain & Veggie in R) Sliced Apples Milk P.M. SNACK Cottage Cheese, Mand. Oranges, Water	BREAKFAST 8 Rice Chex Peaches, Milk LUNCH Beef Sliders on WW Bun Maccaroni Salad R (1/4 cup veggies) Honeydew Melon Milk P.M. SNACK Blueberry Muffins R 100% Apple Juice	BREAKFAST 9 Strawberry Yogurt, Mixed Berries, Milk LUNCH Cheese Pizza R WGR Crust Pineapple D-Green Salad with spinach Milk P.M. SNACK Orange Cheese, water Broccoli Florets, Ranch	BREAKFAST 10 WW Toast 100% Orange Juice, Milk LUNCH Porcupine Sliders WGR Bun Mango Sliced Green Peppers Milk P.M. SNACK Vanilla Yogurt Peaches, Water	BREAKFAST 11 Pumpkin Muffins Bananas, Milk LUNCH Roast Beef Sandwich on WW bread Celery Mandarin Oranges Milk P.M. SNACK Animal Crackers 100% Grape Juice
BREAKFAST 14 Hard Boiled Eggs Bananas, Milk LUNCH Chicken Sliders WW Bun Sweet Potato Fries DS-Apple Slices Milk P.M. SNACK Gold Fish, 100% Orange Juice	BREAKFAST 15 Bagels, Cream Cheese 100% Grape Juice, Milk LUNCH Baked Meatballs Red Sauce (Can) Spaghetti WGR Noodle Garlic Bread (homeade) Corn Milk D-Pears P.M. SNACK Blueberry Muffins Applesauce Water	BREAKFAST 16 Biscuits, Preserves 100% Apple Juice, Milk LUNCH Cheese and Black Bean Quesadilla with WW Tortilla Green Salad w/Spinach DS-Orange Slices Milk P.M. SNACK Cottage Cheese Pineapple, water	BREAKFAST 17 Oat Muffins Applesauce Milk LUNCH Chicken Ratatouille (R includes veggies) Biscuit D-Pears Milk P.M. SNACK Wheat Thins Hummus, Red & Green Peppers	BREAKFAST 18 Little Bites Cereal D-Peaches, Milk LUNCH Cheese, Turkey Triscuits DS-Carrot Sticks D-Orange slices Milk P.M. SNACK Graham Crackers, 100% Apple Juice
BREAKFAST 21 Corn Chex Honeydew, Milk LUNCH Spanish Rice (Brown rice and beef) Steamed Carrots D-Pears Milk P.M. SNACK Pumpkin Muffins 100% Orange Juice,	BREAKFAST 22 French Toast Sticks Mixed Berries, Milk LUNCH Chicken Fajitas WW Tortilla (WGR) Refried Beans Red Peppers Milk P.M. SNACK Broccoli Salad Milk	BREAKFAST 23 Scrambled Eggs Banans, Milk LUNCH Egg Salad Sandwiches WW Bread Cucumber Slices D-Apple Slices Milk P.M. SNACK Triscuit Crackers Carrot Sticks, water	BREAKFAST 24 Blueberry Bread 100% Apple Juice, Milk LUNCH Mac & Cheese W/ Turkey Ham DS-Fresh Broccoli Orange Slices Milk P.M. SNACK Yogurt Bananas Water	BREAKFAST 25 Rice Chex D-Peaches, Milk LUNCH BBQ Chicken WW Bun Peas Mixed Fruit Milk P.M. SNACK Gold Fish, 100% Orange Juice
BREAKFAST 28 Rice Krispies 100% Orange Juice, Milk LUNCH Grilled Cheese WW bread Tomato Soup DS- Carrots (1/8 cup) Pineapple Milk P.M. SNACK Broccoli & Cauliflower with Ranch, Milk	BREAKFAST 29 Waffle Sticks, Banana, Milk LUNCH Ground Turkey/Beef Stroganoff Steamed Carrots D-Pears Milk P.M. SNACK Oat Muffins R 100% Grape Juice	BREAKFAST 30 Hard Boiled Eggs Mixed Fruit Milk LUNCH Beef Tacos WGR Tortilla Refried Beans Corn Salsa Milk P.M. SNACK String Cheese, Mango water	BREAKFAST 31 Bagels, Cream Cheese Bananas, Milk LUNCH Pineapple Chicken (Fruit met with recipe) Brown Rice Mixed Veggies Milk P.M. SNACK Graham Crackers, 100% Grape Juice	BREAKFAST

Whole Milk is served to children 12-24 months, 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)

Vitamin-A (RED)

USDA is an equal opportunity provider, employer, and lender.