



October 2021

	Mon	Tue	Wed	Thu	Fri	Sat
					1 Whole Grain Cereal Applesauce *Milk	2
3	4 Whole Grain Cereal Pears *Milk	5 Whole Grain Cereal Oranges *Milk	6 Whole Grain Cereal Apples *Milk	7 Whole Grain Cereal Pineapple *Milk	8 Whole Grain Cereal Peaches *Milk	9
10	11 Whole Grain Cereal Mixed Fruit *Milk	12 Whole Grain Cereal Applesauce *Milk	13 Whole Grain Cereal Pineapple *Milk	14 Whole Grain Cereal Bananas *Milk	15 Whole Grain Cereal Oranges *Milk	16
17	18 Whole Grain Cereal Apples *Milk	19 Whole Grain Cereal Pears *Milk	20 Whole Grain Cereal Peaches *Milk	21 Whole Grain Cereal Mixed Fruit *Milk	22 Whole Grain Cereal Bananas *Milk	23
24	25 Whole Grain Cereal Oranges *Milk	26 Whole Grain Cereal Apples *Milk	27 Whole Grain Cereal Pears *Milk	28 Whole Grain Cereal Bananas *Milk	29 Whole Grain Cereal Peaches *Milk	30

Breakfast will be served to those children who arrive to the Center between 8:00am and 8:25am.

Foods are purchased based upon availability and are subject to change without notice.

* Children 0–2yrs of age will receive Vitamin D milk and children 2yrs–5yrs of age will receive 1% milk.





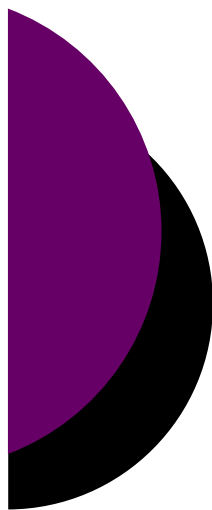
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	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cheese Pizza Assorted Vegetables Assorted Fruit *Milk	2
3	4 Pasta w/ Meat Sauce Broccoli Mixed Fruit *Milk	5 Grilled Cheese Sandwich Green Beans Applesauce *Milk	6 Chicken Patty on a Bun Carrots Pineapple *Milk	7 Pancakes Corn Peaches Yogurt *Milk	8 Macaroni and Cheese Assorted Vegetables Assorted Fruit *Milk	9
10	11 Sloppy Joe on a Bun Green Beans Oranges *Milk	12 Ravioli w/ Meat Sauce Broccoli Bananas *Milk	13 French Toast Sticks Cauliflower Apples Yogurt *Milk	14 Ham & Cheese Sandwich Mixed Vegetables Mixed Fruit *Milk	15 Chicken Nuggets Assorted Vegetables Assorted Fruit *Milk	16
17	18 Tortellini w/ Meat Sauce Corn Applesauce *Milk	19 Beef Tacos Peas Pineapple *Milk	20 Waffles Green Beans Peaches Yogurt *Milk	21 Jelly Sandwich Broccoli Oranges Mozzarella Cheese Stick *Milk	22 Turkey Wrap Assorted Vegetables Assorted Fruit *Milk	23
24	25 Cheese Pizza Mixed Vegetables Bananas *Milk	26 Pasta w/ Meat Sauce Carrots Mixed Fruit *Milk	27 Cheese Sandwich Corn Applesauce *Milk	28 Beef Tacos Peas Peaches *Milk	29 Waffles Assorted Vegetables Assorted Fruit Yogurt *Milk	30

* Children 0–
2yrs of age
will receive
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and children
2yrs– 5yrs of
age will
receive 1%



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Assorted Snack *Milk Water	2
3	4 Oyster Crackers Oranges Water	5 Dry Kix Cereal Colby Jack Cheese Stick Water	6 Pretzels Yogurt Water	7 Cheese Its Pears Water	8 Assorted Snack 100% Juice Water	9
10	11 Chex Mix Bananas Water	12 Vanilla Wafers Yogurt Water	13 Whole Wheat Crackers 100% Juice Water	14 Goldfish Crackers Pineapple Water	15 Assorted Snack *Milk Water	16
17	18 Pretzels Yogurt Water	19 Cheese Its Cheddar Cheese Stick Water	20 Saltines Apples Water	21 Graham Crackers Applesauce Water	22 Assorted Snack 100% Juice Water	23
24	25 Chex Mix 100% Juice Water	26 Goldfish Crackers Peaches Water	27 Whole Wheat Crackers Mozzarella Cheese Stick Water	28 Vanilla Wafers Mixed Fruit Water	29 Assorted Snack *Milk Water	30

Snack will be served between 3:00p and 3:15p.

Please let us know if your child does not eat any of the provided snacks, so that a substitute snack can be prepared and served.

Foods are purchased based upon availability and are subject to change without notice.