



Little Discoveries October Menu



<u>Week:</u>	<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday</u>
				Breakfast: Bagel, Sausage, Pineapple, Milk	Breakfast: Pancake, Bacon, Peaches, Milk
10/1-10/2				Lunch: Chicken Quesadilla, Mixed Veggie, Blueberries, Milk	Lunch: BBQ Meatballs, WG Bread, Cook's Choice Fruit & Veggie, Milk
				Snack: WG Belvita, Pudding, Water	Snack: Animal Crackers, Fruit Bar, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, Bacon, Pineapple, Milk	Breakfast: WG Toast, HB Egg, Applesauce, Milk	Breakfast: Biscuit, Sausage, Strawberries, Milk	Breakfast: French Toast Sticks, Canadian Bacon, Pears, Milk
10/5-10/9	Lunch: Pizza Rolls, Green Beans, Pears, Milk	Lunch: Mac & Cheese w/ Hotdogs, WG Bread Slice, Carrots, Grapes, Milk	Lunch: Chicken Taquitos, Corn, Blueberries, Milk	Lunch: Tatertot Hotdish, WG Bread Slice, Broccoli, Peaches, Milk	Lunch: Pulled Pork, Cook's Choice Fruit & Veggie, Milk
	Snack: Soft Pretzel, Mandarin Oranges, Pretzels, Orange Slices, Water	Snack: Veggie Straws, Chips & Salsa, String Cheese, Water	Snack: WG Graham Crackers, Danimals, Water	Snack: Ritz Crackers, Peppers, Cucumbers, Water	Snack: WG Fig Bar, Yogurt, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffles, Sausage, Applesauce, Milk	Breakfast: Cinnamon Rolls, Canadian Bacon, Strawberries, Milk	Breakfast: Bagels, Bacon, Mandarin Oranges, Milk	Breakfast: Pancakes, Egg Patty, Peaches, Milk
10/12-10/16	Lunch: Chicken Patty, Mixed Veggies, Pears, Milk	Lunch: Fish Sticks, Carrots, Pineapple, Milk	Lunch: Sloppy Joe Pasta, WG Bread Slice, Broccoli, Blueberries, Milk	Lunch: Turkey & Cheese Sub, Green Beans, Grapes, Milk	Lunch: Chicken Alfredo, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: Puffcorn, Popcorn, Fruit Twist, Water	Snack: WG Strawberry Wafer Bar, Yogurt Pouch, Go-Gurt, Water	Snack: Cheez-It's, Cottage Cheese, Water	Snack: WG Nutri-Grain Bar, Applesauce, Apple Slices, Water	Snack: Nilla Wafers, Pudding, Water

	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, HB Egg, Applesauce, Milk	Breakfast: WG Toast, Bacon, Pineapple, Milk	Breakfast: Biscuit, Sausage, Pears, Milk	Breakfast: French Toast Sticks, Canadian Bacon, Strawberries, Milk
10/19-10/23	Lunch: Pizza Bagels, Carrots, Pears, Milk	Lunch: Chicken Veggie Pasta, WG Bread Slice, Green Beans, Peaches, Milk	Lunch: Hot Dog, Baked Beans, Grapes, Milk	Lunch: Chicken Strips, WG Bread Slice, Mixed Veggies, Blueberries, Milk	Lunch: Hot Ham & Cheese, Cook's Choice Fruit & Veggie, Milk
	Snack: Animal Crackers, Fruit Bar, Water	Snack: Pastry Crisps, Yogurt, Water	Snack: WG Veggie Straws , WG Chex-Mix, String Cheese, Water	Snack: Soft Pretzels , Pretzels, SF Jello, Water	Snack: WG Goldfish, Peppers , Celery w/Ranch, Water
	Breakfast: WG Cereal, Banana, GoGurt, 100% Juice, Milk	Breakfast: Waffle, Canadian Bacon, Strawberries, Milk	Breakfast: Cinnamon Roll, Bacon, Pears, Milk	Breakfast: Bagel, Sausage, Mandarin Oranges, Milk	Breakfast: Pancake on a Stick, HB Egg, Applesauce, Milk
10/26-10/30	Lunch: Hamburger, Mixed Veggies, Blueberries, Milk	Lunch: Pizza Rolls, Green Beans, Peaches, Milk	Lunch: BBQ Meatballs, WG Bread Slice, Carrots, Pineapple, Milk	Lunch: Chicken Taquitos, Corn, Grapes, Milk	Lunch: Scalloped Potatoes w/Ham, WG Bread Slice, Cooks Choice Fruit & Veggie, Milk
	Snack: Puffcorn , Popcorn, Pastry Crisps, Water	Snack: Fig Newton Bar, Danimals, Water	Snack: Cheez-It's, Cottage Cheese, Water	Snack: Graham Cracker, Pudding Cup, Water	Snack: Spooky Snack Mix. M. Oranges, Orange Slices, Water
	Infants: Vitamin D Milk, Toddler - School Age: 1% Milk			WG = Whole Grain	
	<i>*Italicized options denote Infant - Toddler Classrooms</i>			SF = Sugar Free	