

Little Discoveries October Menu



<u>Week:</u>	<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday:</u>
10/1-10/3			Breakfast: WG Toast, Sausage, Pears, Milk	Breakfast: Biscuit, Canadian Bacon, Pineapple, Milk	Breakfast: Pancake on a Stick, HB Egg, Strawberries, Milk
			Lunch: Pizza Bagels, Broccoli, Mandarin Oranges, Milk	Lunch: Sloppy Joe Pasta, WG Bread Slice, Mixed Veggies, Grapes, Milk	Lunch: Chicken Nuggets, Cooks Choice Fruit & Veggie, Milk
			Snack: Veggie Straws, Chex-Mix, Danimals, Water	Snack: SF Jello, Animal Crackers, Water	Snack: WG Nutri-Grain Bar, Fruti Twist, Water
10/6-10/10	Breakfast: WG Cereal, Banana, GoGurt, 100% Juice, Milk	Breakfast: Waffle, Sausage, Applesauce, Milk	Breakfast: Cinnamon Roll, Canadian Bacon, Strawberries, Milk	Breakfast: Bagel, Bacon, Mandarin Oranges, Milk	Breakfast: Pancake, Egg Patty, Pineapple, Milk
	Lunch: Chicken Patty, Corn, Mandarin Oranges, Milk	Lunch: Hot Dog, Baked Beans, Pears, Milk	Lunch: Chicken Alfredo, WG Bread Slice, Broccoli, Peaches, Milk	Lunch: Salami & Cheese Sub, Carrots, Blueberries, Milk	Lunch: Mashed Potatoes, Chicken Gravy, WG Bread Slice, Cooks Choice Fruit & Veg, Milk
	Snack: Puffcorn, Applesauce, Popcorn, Apple Slices, Water	Snack: WG Ritz Cracker, Peppers, Celery, Water	Snack: Gold Fish, Fruit Strip, Water	Snack: WG Fig Newt Bar, Yogurt, Water	Snack: Mandarin Oranges, Soft Pretzel, Orange Smiles, Pretzels, Water
10/13-10/17	Breakfast: WG Cereal, Banana, GoGurt, 100% Juice, Milk	Breakfast: English Muffin, Bacon, Peaches, Milk	Breakfast: WG Toast, HB Egg, Strawberries, Milk	Breakfast: Biscuit, Sausage, Applesauce, Milk	Breakfast: French Toast Sticks, Canadian Bacon, Pineapple, Milk
	Lunch: Quesadillas, Corn, Pears, Milk	Lunch: BBQ Meatballs, WG Bread Slice, Broccoli, Pineapple, Milk	Lunch: Taquitos, Green Beans, Grapes, Milk	Lunch: Chicken Strips, Carrots, Blueberries, Milk	Lunch: Tater tot Hotdish, WG Bread Slice, Cooks Choice Fruit & Veggie, Milk
	Snack: Pastry Crisps, Mandarin Oranges, Orange Smiles, Water	Snack: Club Crackers, Turkey & Cheese Slice, Water	Snack: Cheez-Its, Cottage Cheese, Water	Snack: WG Veggie Straws, WG Chex-Mix, String Cheese, Water	Snack: Nilla Wafers, Pudding, Water

	Breakfast: WG Cereal, Banana, GoGurt, 100% Juice, Milk	Breakfast: Waffle, Bacon, Pineapple, Milk	Breakfast: Cinnamon Roll, Sausage, Pears, Milk	Breakfast: Bagel, Canadian Bacon, Mandarin Oranges, Milk	Breakfast: Pancake, Egg Patty, Applesauce, Milk
10/20-10/24	Lunch: Pulled Chicken Sandwich, Green Beans, Grapes, Milk	Lunch: Tacos, Corn, Peaches, Milk	Lunch: Cold Chicken Pasta, WG Bread Slice, Carrots, Blueberries, Milk	Lunch: Fish Sticks, Broccoli, Pears, Milk	Lunch: Cheeseburger Hotdish, WG Bread Slice, Cooks Choice Fruit & Veggie, Milk
	Snack: Applesauce, Apple Slices, Animal Crackers, Water	Snack: WG Belvita Biscuit, Fruit Twist, Water	Snack: Mini Rice Cakes, Sunchips, Peppers, Celery, Water	Snack: WG Gold Fish, Danimals, Water	Snack: Soft Pretzels, Pretzels, SF Jello, Water
	Breakfast: WG Cereal, Banana, GoGurt, 100% Juice, Milk	Breakfast: English Muffin, Sausage, Pineapple, Milk	Breakfast: WG Toast, Canadian Bacon, Applesauce, Milk	Breakfast: Biscuit, Bacon, Strawberries, Milk	Breakfast: Pancake on a Stick, HB Egg, Pears, Milk
10/27-10/31	Lunch: Sloppy Joes, Mixed Veggies, Peaches, Milk	Lunch: Scalloped Potatoes W/ Ham, WG Bread Slice, Green Beans, Pears, Milk	Lunch: Cheesy Garlic Bread w/ Meat Sauce, Carrots, Blueberries, Milk	Lunch: Chicken Alfredo, WG Bread Slice, Broccoli, Grapes, Milk	Lunch: Halloween Chicken Nuggets, Cooks Choice Fruit & Veggie, Milk
	Snack: Club Crackers, Ham & Cheese Slice, Water	Snack: Veggie Straws, Chips & Salsa, String Cheese, Water	Snack: Cheez-It's, Mandarin Oranges, Orange Smiles, Water	Snack: Fig Newt Bar, Yogurt, Water	Snack: Halloween Snack Mix, Applesauce, Apple 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	