

# October 2020 Menu



**Monday:** 10/5, 10/12, 10/19, 10/26

Breakfast: Cereal (WG), Bananas, and Milk

Lunch: Hot Dogs on bun, Baked Beans, Pears, and Milk

P.M. Snack: Pretzels and 100 % Juice

**Tuesday:** 10/6, 10/13, 10/20, 10/27

Breakfast: Butter Toast (WG) mandarin oranges, and Milk

Lunch: Mac & Cheese, broccoli, Pineapple, and Milk

P.M. Snack: Gogurt, Animal Crackers, and Water



**Wednesday:** 10/7, 10/14, 10/21, 10/28

Breakfast: Apple Butter Biscuit, Diced Peaches, and Milk

Lunch: Cheese Quesadillas (WG), Cucumber, Bananas & Milk

P.M. Snack: Graham Crackers and 100% Juice

**Thursday:** 10/8, 10/15, 10/22, 10/29

Breakfast: Cinnamon Toast (WG), Diced Pears, and Milk

Lunch: Spaghetti w/meat sauce, Salad, & Milk

P.M. Snack: Rice Cake, Applesauce and Water

**Friday:** 10/9, 10/15, 10/23, 10/30

Breakfast: Cereal (WG), Mixed Fruit, and Milk

Lunch: Pack a lunch (forgotten lunch \$5)

P.M. Snack: Crackers, Cheese Stick and Water

\*WG- Whole Grain

Children under 2 served whole milk. Above 2 are served skim or 1% milk.  
This center is an equal opportunity employer and provider.