




# October Menu



Day 1 (2)	Day 2 (3)	Day 3 (4)
<b>Breakfast</b> waffle, bananas, milk  <b>P.M. Snack</b> Graham crackers, milk	<b>Breakfast</b> Toast, cantaloupe, milk <b>Lunch</b> Beef Tacos (soft or hard shell), corn, oranges, milk <b>P.M. Snack</b> Cheese stick, peaches	<b>Breakfast</b> cereal, peaches, milk <b>Lunch</b> Chicken Fettuccine Alfredo, green bean, cantaloupe, milk <b>P.M. Snack</b> Corn muffin, pineapple
Day 4 (5)	Day 5 (6)	Day 6 (9)
<b>Breakfast</b> Pancakes, pineapple, milk <b>Lunch</b> Sliced hot dog & Macaroni & cheese, broccoli, bananas, milk <b>P.M. Snack</b> Animals crackers, milk	<b>Breakfast</b> Cereal, oranges, milk <b>Lunch</b> Pork Fried Rice, peas & carrots, pineapple, milk <b>P.M. Snack</b> Soft bread stick, Colby cheese cubes	
Day 7 (10)	Day 8 (11)	Day 9 (12)
<b>Breakfast</b> French toast, bananas, milk <b>Lunch</b> Bake Chicken, white cheddar shells, corn, pineapple, milk <b>P.M. Snack</b> Corn muffin, milk	<b>Breakfast</b> Biscuit, mix fruit, milk <b>Lunch</b> Beef Lasagna, peas & carrots, bananas, milk <b>P.M. Snack</b> Soft bread stick, milk	<b>Breakfast</b> Cereal, peaches, milk <b>Lunch</b> Bake Pork Chops, bread slice, mash potatoes, mixed veggies, milk <b>P.M. Snack</b> Cookies, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> [http://www.nal.usda.gov/childcare/Recipes/recipes\\_menus.html](http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html)

Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

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# October Menu



Day 10 (13)	Day 11 (16)	Day 12 (17)
<b>Breakfast</b> Hoe Cakes, pineapple, milk <b>Lunch</b> Sausage/Cheese Soft Burrito, carrots, bananas, milk <b>P.M. Snack</b> Toast, milk	<b>Breakfast</b> Cereal, pears, milk  <b>P.M. Snack</b> French toast sticks, applesauce	<b>Breakfast</b> English muffin, apples, milk <b>Lunch</b> Tantalizing Meatloaf, corn, bananas, milk <b>P.M. Snack</b> Biscuit, milk
Day 13 (18)	Day 14 (19)	Day 15 (20)
<b>Breakfast</b> Cereal, bananas, milk <b>Lunch</b> Beef Smokies, toast, tater crowns, applesauce, milk <b>P.M. Snack</b> Bagel, cheddar cheese slice	<b>Breakfast</b> French toast sticks, applesauce, milk <b>Lunch</b> Beef Stroganoff, bread slice, green beans, pears, milk <b>P.M. Snack</b> Ramen noodles, milk	<b>Breakfast</b> Bagel, peaches, milk <b>Lunch</b> Chicken Fried Rice, peas, apples, milk <b>P.M. Snack</b> Tortilla, applesauce
Day 16 (23)	Day 17 (24)	Day 18 (25)
<b>Breakfast</b> Toast, mixed fruit, milk  <b>P.M. Snack</b> Cottage cheese, oranges	<b>Breakfast</b> Biscuit, hash browns, milk <b>Lunch</b> Fish sticks, macaroni & cheese, broccoli, mixed fruit, milk <b>P.M. Snack</b> Bagel, oranges	<b>Breakfast</b> French toast sticks, oranges, milk <b>Lunch</b> Chicken Sandwich, green beans, peaches, milk <b>P.M. Snack</b> Cereal, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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# October Menu



Day 19 (26)	Day 20 (27)	Day 21 (30)
<b>Breakfast</b> Muffin, apples, milk <b>Lunch</b> Beef & Refried Bean Burrito, oranges, milk <b>P. M. Snack</b> Macaroni & cheese, milk	<b>Breakfast</b> Toast, pears, milk <b>Lunch</b> Baked Pork Chops, croissants, peas, applesauce, milk <b>P. M. Snack</b> English muffin, milk	<b>Breakfast</b> Waffles, oranges, milk  <b>P. M. Snack</b> Toast, peaches
Day 22 (31)		
<b>Breakfast</b> cereal, oranges, milk <b>Lunch</b> Hamburger Pizza, carrots, pears, milk <b>P. M. Snack</b> Cheese Nips, Colby Cheese Squares*		

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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# October Menu



Day 1 (2)	Day 2 (3)	Day 3 (4)
<b>Breakfast</b> waffle, bananas, milk  <b>P.M. Snack</b> Graham crackers, milk	<b>Breakfast</b> Toast, cantaloupe, milk <b>Lunch</b> Beef Tacos (soft or hard shell), corn, oranges, milk <b>P.M. Snack</b> Cheese stick, peaches	<b>Breakfast</b> cereal, peaches, milk <b>Lunch</b> Chicken Fettuccine Alfredo, green bean, cantaloupe, milk <b>P.M. Snack</b> Corn muffin, pineapple
Day 4 (5)	Day 5 (6)	Day 6 (9)
<b>Breakfast</b> Pancakes, pineapple, milk <b>Lunch</b> Sliced hot dog & Macaroni & cheese, broccoli, bananas, milk <b>P.M. Snack</b> Animals crackers, milk	<b>Breakfast</b> Cereal, oranges, milk <b>Lunch</b> Pork Fried Rice, peas & carrots, pineapple, milk <b>P.M. Snack</b> Soft bread stick, Colby cheese cubes	
Day 7 (10)	Day 8 (11)	Day 9 (12)
<b>Breakfast</b> French toast, bananas, milk <b>Lunch</b> Bake Chicken, white cheddar shells, corn, pineapple, milk <b>P.M. Snack</b> Corn muffin, milk	<b>Breakfast</b> Biscuit, mix fruit, milk <b>Lunch</b> Beef Lasagna, peas & carrots, bananas, milk <b>P.M. Snack</b> Soft bread stick, milk	<b>Breakfast</b> Cereal, peaches, milk <b>Lunch</b> Bake Pork Chops, bread slice, mash potatoes, mixed veggies, milk <b>P.M. Snack</b> Cookies, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

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# October Menu



Day 10 (13)	Day 11 (16)	Day 12 (17)
<b>Breakfast</b> Hoe Cakes, pineapple, milk <b>Lunch</b> Sausage/Cheese Soft Burrito, carrots, bananas, milk <b>P.M. Snack</b> Toast, milk	<b>Breakfast</b> Cereal, pears, milk  <b>P.M. Snack</b> French toast sticks, applesauce	<b>Breakfast</b> English muffin, apples, milk <b>Lunch</b> Tantalizing Meatloaf, corn, bananas, milk <b>P.M. Snack</b> Biscuit, milk
Day 13 (18)	Day 14 (19)	Day 15 (20)
<b>Breakfast</b> Cereal, bananas, milk <b>Lunch</b> Beef Smokies, toast, tater crowns, applesauce, milk <b>P.M. Snack</b> Bagel, cheddar cheese slice	<b>Breakfast</b> French toast sticks, applesauce, milk <b>Lunch</b> Beef Stroganoff, bread slice, green beans, pears, milk <b>P.M. Snack</b> Ramen noodles, milk	<b>Breakfast</b> Bagel, peaches, milk <b>Lunch</b> Chicken Fried Rice, peas, apples, milk <b>P.M. Snack</b> Tortilla, applesauce
Day 16 (23)	Day 17 (24)	Day 18 (25)
<b>Breakfast</b> Toast, mixed fruit, milk  <b>P.M. Snack</b> Cottage cheese, oranges	<b>Breakfast</b> Biscuit, hash browns, milk <b>Lunch</b> Fish sticks, macaroni & cheese, broccoli, mixed fruit, milk <b>P.M. Snack</b> Bagel, oranges	<b>Breakfast</b> French toast sticks, oranges, milk <b>Lunch</b> Chicken Sandwich, green beans, peaches, milk <b>P.M. Snack</b> Cereal, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

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<b>Breakfast</b> Muffin, apples, milk <b>Lunch</b> Beef & Refried Bean Burrito, oranges, milk <b>P. M. Snack</b> Macaroni & cheese, milk	<b>Breakfast</b> Toast, pears, milk <b>Lunch</b> Baked Pork Chops, croissants, peas, applesauce, milk <b>P. M. Snack</b> English muffin, milk	<b>Breakfast</b> Waffles, oranges, milk  <b>P. M. Snack</b> Toast, peaches
Day 22 (31)		
<b>Breakfast</b> cereal, oranges, milk <b>Lunch</b> Hamburger Pizza, carrots, pears, milk <b>P. M. Snack</b> Cheese Nips, Colby Cheese Squares*		

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

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Day 22 (31)		
<b>Breakfast</b> cereal, oranges, milk <b>Lunch</b> Hamburger Pizza, carrots, pears, milk <b>P. M. Snack</b> Cheese Nips, Colby Cheese Squares*		

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