

The Children's Center Menu - October 2019

| DATE | BREAKFAST | LUNCH | SNACK |
|------|---|---|--|
| | | (Whole or 1% Milk served with all lunches) | |
| 1 | Whole or 1% Milk Toast w/ Jelly Pineapple Tidbits | Beef and Bean Chili, Cheese Sandwich, Saltine Crackers Orange Slices | WG Kix Cereal Whole or 1% Milk |
| 2 | Whole or 1% Milk WG Cheerios Cereal Orange Slices | Chicken Patty w/Whole Grain Bun Cucumber Slices Diced Peaches | Pretzels & Raisins Whole or 1% Milk |
| 3 | Whole or 1% Milk WG Rice Chex Cereal Diced Peaches | Sliced Ham & Cheese Sandwich Broccoli Trees Orange Slices | Animal Crackers Whole or 1% Milk |
| 4 | Whole or 1% Milk Rice Krispies Cereal Orange Slices | Sliced Turkey & Cheese Sandwich Baby Carrots Apple Quarters | WG Goldfish Crackers Whole or 1% Milk |
| 7 | Whole or 1% Milk Cinnamon Toast Orange Slices | Dominoes Pizza Day Banana | Sliced American Cheese Town House Crackers Water |
| 8 | Whole or 1% Milk Toast Applesauce | Cheesy Diced Ham & Vegetable Soup, Saltine Crackers Cheese Sandwich, Oranges Slices | WG Goldfish Crackers Whole or 1% Milk |
| 9 | Whole or 1% Milk Rice Krispies Cereal Orange Slices | WG Spaghetti w/Beef Sauce Corn Diced Pears, Bread | Graham Crackers Whole or 1% Milk |
| 10 | Whole or 1% Milk Toast w/Wow Butter Diced Pears | Scalloped Potatoes W/Diced Ham Green Beans Pineapple Tidbits, Bread | WG Tortilla Chips Mild Salsa Whole or 1% Milk |
| 11 | Whole or 1% Milk WG Rice Chex Cereal Pineapple Tidbits | Hot Ham & Cheese Sandwich Baby Carrots Apple Quarters | String Cheese Apple Juice |
| 14 | Whole or 1% Milk Corn Flakes Cereal Apple Quarters | WG Macaroni & Cheese w/Diced Ham, Peas & Carrots Diced Peaches, Bread | Saltine Crackers Sliced American Cheese Water |
| 15 | Whole or 1% Milk Toast w/Jelly Diced Peaches | Beef Cowboy Baked Beans Cheese Sandwich Orange Slices | WG Kix Cereal Whole or 1% Milk |
| 16 | Whole or 1% Milk Life Cereal Orange Slices | Diced Chicken & WG Rice Hotdish Corn Pineapple Tidbits, Bread | Pretzels & Raisins Whole or 1% Milk |
| 17 | Whole or 1% Milk French Toast w/Syrup Pineapple Tidbits | Cheese Burger On WG Bun Baby Carrots Apple Quarters | Animal Crackers Whole or 1% Milk |
| 18 | Whole or 1% Milk Oatmeal w/Brown Sugar Diced Peaches | Bologna & Cheese Sandwich Broccoli Trees Banana | WG Goldfish Crackers Whole or 1% Milk |



** 605 James Avenue is a peanut free facility that serves Wow butter instead of peanut butter. **

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| | | (Whole or 1% Milk served with all lunches) | |
| 21 | Whole or 1% Milk Corn Flakes Cereal Orange Slices | Diced Ham & WG Rice Hotdish Green Beans Applesauce, Bread | Wheat Thins Crackers Sliced American Cheese Water |
| 22 | Whole or 1% Milk Toast Applesauce | Vegetable Beef Soup, Crackers Cheese Sandwich Orange Slices | WG Tortilla Chips Mild Salsa Whole or 1% Milk |
| 23 | Whole or 1% Milk Rice Krispies Cereal Orange Slices | BBQ Diced Chicken On WG Bun Baby Carrots Banana | Cheese It's Crackers Whole or 1% Milk |
| 24 | Whole or 1% Milk Toast w/Jelly Banana | Beef & WG Tortilla Tacos Lettuce Salad w/Ranch Dressing Diced Pears | Graham Crackers Whole or 1% Milk |
| 25 | Whole or 1% Milk WG Kix Cereal Diced Pears | Turkey & Cheese Sandwich Broccoli Trees Apple Quarters | Frosted Sugar Cookies Applesauce Whole or 1% Milk |
| 28 | Whole or 1% Milk WG Rice Chex Cereal Apple Quarters | Beef Stroganoff w/WG Pasta Green Beans Diced Peaches | Saltine Crackers Sliced American Cheese Water |
| 29 | Whole or 1% Milk Cinnamon Toast Diced Peaches | Bean & Diced Ham Soup Saltine Crackers, Cheese Sandwich Orange Slices | WG Cheerios Whole or 1% Milk |
| 30 | Whole or 1% Milk Corn Flakes Cereal Orange Slices | Chicken Patty On WG Bun Baby Carrots Banana | Pretzels & Raisins Whole or 1% Milk |
| | Whole or 1% Milk WG Waffles w/Syrup Banana | Beef <i>Ghoul</i> -ash w/WG Pasta Creepy Corn Mandarin Oranges | String Cheese Apple Juice |



Have a Safe &
Happy Halloween!

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