

The Children's Center OCTOBER 2017 Menu
Head Start and Community Preschool - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Breakfast: Hot Whole Grain Biscuit, peaches, milk	Breakfast: Kix, pineapple, milk	Breakfast: Vanilla Yogurt, **chef's choice fruit** , milk _____	Breakfast: Pancakes, applesauce, milk, sugar free syrup	Breakfast: Oatmeal, pineapple, milk
Lunch: Chicken salad, Ritz crackers, carrot* sticks with ranch dressing, **chef's choice veggie** , milk	Lunch: Meatball sub (Whole Grain), tropical fruit, ^green beans, milk	Lunch: Chef Salad with ranch dressing, Wheat Breadstick and Milk, chef's choice fruit	Lunch: Grilled chicken patty on bun, corn, peas, milk	Lunch: Swai Fillet with lemon pepper, yams*, kale*, w/ whole grain bread stick, milk
Snack: Whole Grain Cheez Its, milk	Snack: Saltine crackers, cheese, water	Snack: Carrot and celery sticks w/ranch and milk	Snack: Orange juice & saltines	Snack: Cereal mix, milk
9	10	11	12	13
			BOARD MEETING	
Breakfast pizza, mandarin oranges, milk	Breakfast: Blueberry Muffins, pineapple, milk	Breakfast: Cheerios, peaches, milk	Breakfast: Oatmeal, pears, milk	Breakfast: Cream of Wheat, applesauce, milk
Lunch: Hamburger in gravy, mashed potatoes, ^green beans, whole grain breadstick and milk	Lunch: Cheese omelet, hash browns, pears, wheat biscuit and milk	Lunch: Spaghetti meat sauce w/whole grain noodles, **chef's choice veggie** tropical fruit and milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, corn, and milk	Lunch: Spring's chicken/broccoli* casserole, peaches, w/ bread stick, milk
Snack: Ritz crackers, cheese, water	Snack: Mandarin oranges and milk	Snack: Wheat biscuit, **chef's choice fruit** and water _____	Snack: Cereal mix, milk	Snack: Cheese sandwich, pineapple and water
16	17	18	19	20
				EHS/HS CLOSED
Breakfast: Oatmeal, pears, milk	Breakfast: Kix, mandarin oranges, milk	Breakfast: Chicken Sausage links, pineapple, milk	Breakfast: Waffles, bananas, milk	Breakfast: French toast **chef's choice fruit** and milk _____
Lunch: Turkey sub on whole grain bun, w/ lettuce and ^tomato, tater tots w/ketchup and milk	Lunch: Chicken Spaghetti Bake, peas, **chef's choice veggie** and milk	Lunch: Swai fillet with lemon pepper **chef's choice fruit or veggie** , broccoli* bread stick, and milk _____	Lunch: Meatball sub on whole grain bun, pears, ^kale, milk	Lunch: Macaroni and cheese, ^green beans, yams* and milk
Snack: Apple juice & saltines	Snack: Cereal mix and milk	Snack: Pears and milk	Snack gold fish and milk	Snack: whole grain cheez its, mandarin oranges and water
23	24	25	26	27
	POLICY COUNCIL			FALL FESTIVAL (Frk, Smith, Suffolk EHS)
Breakfast: Cheese toast, applesauce, and milk	Breakfast: Vanilla Yogurt, pineapple and milk	Breakfast: Cheerios, **chef's choice fruit** , and milk _____	Breakfast: Grits, pears and milk	Breakfast: Pancakes, peaches, milk, sugar free syrup
Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and milk	Lunch: Spaghetti w/ meat sauce on whole grain noodles, peaches, broccoli* and milk	Lunch: Taco Soup, pears, whole grain bread stick and milk	Lunch: Boneless Chicken wings ^brussel sprouts, ^yams, bread stick, milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, fresh carrots* with ranch, milk
Snack: Pears and milk	Snack: Cheese Sandwich on Whole wheat bread, milk	Snack: Cereal mix and milk	Snack: Mandarin oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, peaches, water
30	31			
	FALL FESTIVAL (SoCo & SHS)			
Breakfast: Oatmeal, pears, milk	Breakfast: Cheerios, orange juice, milk			
Lunch: Three cheese potatoes, ^green beans, **chef's choice fruit or veggie** bread stick, milk _____	Lunch: Pulled Chicken BBQ, whole grain bread stick, corn, kale*, milk			
Snack: Kix, mandarin oranges and water	Snack: Whole grain cheez its, pears and water			

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All milk is low fat and 100% fruit juice is used.

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

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