

The Children's Center OCTOBER 2022 Menu
One and Older Chef's Choice

| MONDAY 3 | TUESDAY 4 | WEDNESDAY 5 | THURSDAY 6 | FRIDAY 7 |
|---|--|--|--|--|
| Breakfast: Cheese with wheat toast, applesauce, and Milk | Breakfast: Whole Grain Waffles, pineapple and Milk | Breakfast: Kix, **chef's choice fruit**, and Milk | Breakfast: Oatmeal, pears, Milk | Breakfast: Cream of Wheat, applesauce, Milk |
| Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk | Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk | Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk | Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk | Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk |
| Snack: Tortilla Chips, Salsa, Milk | Snack: Peaches, Whole Grain Cheez Its and water | Snack: Apples and Milk | Snack: Tortilla with Cream Cheese, Milk | Snack: Cheese sandwich, pineapple and water |
| 10 | 11 | 12 | 13 | 14 |
| EHS AND HS CLOSED - TEACHER WORKDAY | | | | |
| Breakfast: Oatmeal, pears, and 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 veggie**, broccoli*, roll, and Milk | Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk | Lunch: Macaroni and cheese , ^green beans, yams* and Milk |
| Snack: Apple Slices and saltines and water | Snack: String Cheese and Milk | Snack: Pears and Milk | Snack: Gold fish and Milk | Snack: whole grain cheez its, mandarin oranges and water |
| 17 | 18 | 19 | 20 | 21 |
| Breakfast: Cheese toast, applesauce, and Milk | Breakfast: Vanilla Yogurt, pineapple and Milk | Breakfast: Cheerios, **chef's choice fruit**, and Milk | Breakfast: Crips, pears and Milk | SHS - HS Early Dismissal |
| Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk | Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk | Lunch: Taco Soup, pears , whole grain roll and Milk | Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk | Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk |
| Snack: Pears and Milk | Snack: Strawberry Yogurt Snack Mix and Milk | Snack: Kix and Milk | Snack: Mandarin Oranges, whole grain cheez its and water | Snack: Vanilla Yogurt, pears, water |
| 24 | 25 | 26 | 27 | 28 |
| POLICY COUNCIL | | | | |
| Breakfast: Oatmeal, pears, Milk | Breakfast: Cheerios, Honey Dew Melon, Milk | Breakfast: Chicken Sausage Link, Peaches, Milk | Breakfast: Breakfast Pizza, pears, Milk | Breakfast: Kix, pineapple, Milk |
| Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll, Milk | Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk | Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll | Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk | Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk |
| Snack: Kix, mandarin oranges, and water | Snack: Whole grain cheez its, sliced apples, water | Snack: Whole grain Tortilla with Cream Cheese, Milk | Snack: Cantaloupe & Ritz Crackers and water | Snack: Chips and Salsa, Milk |
| 31 | | | | |
| Breakfast: Hot Biscuit, peaches, Milk | | | | |
| Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk | | | | |
| Snack: Whole grain cheez its and Milk | | | | |

* 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 - Individualized Menus will be sent separately.

*Canned green beans
 Cereal must have at least 3 grams of fiber
 Bread Must have at least 5 grams of fiber
 Pastas must be whole grain
 Sugar free syrup available for breakfast foods

"This institution is an equal opportunity provider and employer"