

The Children's Center OCTOBER 2023 Menu
One and Older Chef's Choice

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
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
9	10	11	12	13
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk	BOARD MEETING	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
16	17	18	19	20
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, sugar free syrup, Milk
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
23	24	25	26	27
Breakfast: Oatmeal, pears, Milk	EHS/HS Closed - Teacher Work Day	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 Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, 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
30	31			
Breakfast: Hot Biscuit, peaches, Milk	Policy Council Breakfast: Kix, pineapple, Milk			
Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk _____	Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk			
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, 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 - Individualized Menus will be sent separately.

^Canned green beans
 Cereal must have a 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

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