

**The Children's Center OCTOBER 2024 Menu  
One and Older Chef's Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Breakfast: Whole Grain Waffles, pineapple and Milk  Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk  Snack: Peaches, Whole Grain Cheez Its and water	 Breakfast: Kix, **chef's choice fruit**, and Milk  Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk  Snack: Apples and Milk	<b>HS Early Release</b> Breakfast: Oatmeal, pears, Milk  Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk  Snack: Tortilla with Cream Cheese, Milk	Breakfast: Cream of Wheat, applesauce, Milk  Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk  Snack: Cheese sandwich, pineapple and water
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	 <b>National Fire Prevention Week Oct. 6th-12th</b> Breakfast: Oatmeal, pears, and Milk  Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk  Snack: Apple Slices and saltines and water	Breakfast: Kix, mandarin oranges, Milk  Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk  Snack: String Cheese and Milk	<b>Week Oct. 6th-12th</b> Breakfast: Chicken Sausage links , pineapple, Milk  Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk  Snack: Pears and Milk  	<b>BOARD MEETING</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Breakfast: Cheese toast, applesauce, and Milk  Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk  Snack: Pears and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk   Snack: Strawberry Yogurt Snack Mix and Milk  <b>National School Bus Safety Week Oct. 21st-25th</b>	Breakfast: Cheerios, **chef's choice fruit**, and Milk  Lunch: Taco Soup, pears , whole grain roll and Milk  Snack: Kix and Milk	Breakfast: Grits, pears and Milk  Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk  Snack: Mandarin Oranges, whole grain cheez its and water	Breakfast: Pancakes, peaches, sugar free syrup, Milk  Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk  Snack: Vanilla Yogurt, pears, water  
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>EHS/HS Closed - Teacher Work Day</b>
 Breakfast: Oatmeal, pears, Milk  Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____,Milk  Snack: Kix, mandarin oranges, and water	Breakfast: Cheerios, Honey Dew Melon, Milk  Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk  Snack: Whole grain cheez its, sliced apples, water	Breakfast: Chicken Sausage Link, Peaches, Milk  Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll  Snack: Whole grain Tortilla with Cream Cheese, Milk	Breakfast: Breakfast Pizza, pears, Milk Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____ Snack: Cantaloupe & Ritz Crackers and water  	Breakfast: Kix, pineapple, Milk  Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk  Snack: Chips and Salsa, Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Breakfast: Hot Biscuit, peaches, Milk   October 28th is <b>National First Responders Day</b>  Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk  Snack: Whole grain cheez its and Milk	<b>Policy Council</b> Breakfast: Kix, pineapple, Milk  Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk  Snack: Tortilla Pizza, water	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____  Lunch: Chili, applesauce, whole grain roll and Milk  Snack: Vanilla yogurt, peaches and water	Breakfast: Pancakes, applesauce, sugar free syrup, Milk Lunch: Grilled chicken patty on bun, corn, peas, Milk   Snack: Apple Slices and saltines and water	 October is <b>NATIONAL HEAD START AWARENESS MONTH</b>

\* 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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