

The Children's Center OCTOBER 2025 Menu
One and Older - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast: Kix, **chef's choice fruit**, and Milk _____	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce, 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: Apples and Milk	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and water
6	7	8	9	10
	It's <i>National Fire Prevention Week Oct 5th -11th</i> and it is time to <i>Charge into Fire Safety!</i> Home education at https://www.nfpa.org/events/fire-prevention-week			
	Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, mandarin oranges, Milk	Breakfast: Chicken Sausage links, pineapple, Milk	Breakfast: Waffles, bananas, 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
	Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and Milk	Snack: Gold fish crackers and Milk
	13	14	15	16
	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
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: Macaroni and cheese , ^green beans, yams* and 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: whole grain cheeze its, mandarin oranges and water
20	21	22	23	24
Breakfast: Oatmeal, pears, Milk		Breakfast: Chicken Sausage Link, Peaches, Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Pancakes, peaches, sugar free syrup, Milk
Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____,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: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk
Snack: Kix, mandarin oranges, and water		Snack: Whole grain Tortilla with Cream Cheese, Milk	Snack: Cantaloupe & Ritz Crackers and water	Snack: Vanilla Yogurt, pears, water
	<i>National School Bus Safety Week: October 20th - 24th</i>			
	27	28	30	31
	Breakfast: Hot Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____	Breakfast: Grits, pears and 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	Lunch: Chili, applesauce, whole grain roll and Milk	Lunch: Grilled chicken patty on bun, corn, peas, Milk	Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk
Snack: Whole grain cheez its and Milk	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	Snack: Chips and Salsa, Milk
				
				
				Snack: Seary Strawberry Yogurt Snack Mix 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.

"This institution is an equal opportunity provider and employer"

^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

