

Little Learners Menu



October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
ABV		1	2	3	4
BF		Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	Muffins & Oranges
AMS		Apple Sauce	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch		Baked Whole Wheat Mostaccioli & Meat Sauce, Broccoli, Apples	Pork Roast, Roasted Potato, Grapes, Whole Wheat Bread	Baked Chicken, Carrots, Melon, Cheesy Brown Rice	Sloppy Joes, Carrot Sticks, Apples
PMS		Vegetable Soup with Oyster Crackers	Bagels & Cream Cheese	Egg Salad with Whole Grain Club Crackers	Pumpkin Bread and Juice
	7	8	9	10	11
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Waffles & Bananas	Whole Wheat English Muffin & Grapes	Pancakes & Oranges
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Fish Sticks, Green Beans, Peaches, Whole Wheat Bread	Cheese Ravioli with Tomato Sauce, Broccoli and Cauliflower, Apple Sauce	Barbeque Chicken, Mashed Potatoes, Grapes, Wheat Bread	Teriyaki Pork, Mixed Vegetables, Melon, Fried Brown Rice	Turkey & Cheese Sandwich, Carrot sticks, Apples
PMS	Tomato Soup with Oyster Crackers	Turkey and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread & Juice	Saltines & Juice
	14	15	16	17	18
BF		Cinnamon Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS		Cereal Mix	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Closed	Chicken Tetrizzini , Peas, Pears	Cheese Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Meat Sauce, California Melody, Melon	Chicken Legs, Green Beans, Apple, Whole Wheat Bread
PMS		Banana Bread & Juice	Chicken Salad & Crackers	Refried Bean Dip & Tortilla	Saltines & Juice
	21	22	23	24	25
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Mixed Fruit
AMS	Oranges	Apple Sauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Meatballs, Corn, Peaches, Whole Wheat Bread	Chicken Alfrado with Whole Wheat Pasta, Broccoli, Oranges	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread	Whole Wheat Grilled Cheese, Tomato Soup, Grapes	Tuna Casserole, Peas, Melon
PMS	Fish Crackers & Juice	Vegetable Soup and Oyster Crackers	Baked Apples with Oatmeal	Egg Salad with Whole Grain Club Crackers	Zucchini Bread & Juice
	28	29	30	31	
	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	
	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	
	Lasagna, Green Beans, Pears	Beef Strognonoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken casserole, carrots, Melon	
	Tomato Soup with Oyster Crackers	Ham and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	

Abbreviations: BF - Breakfast, AMS - AM Snack, Lnch - Lunch, PMS - PM Snack
Milk is served with Breakfast, AM Snack, and Lunch