

Little Learners Menu



October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
ABV	1	2	3	4	5
BF	Whole Grain Cereal & Apples	Raisin Bread & Oranges	Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS	Graham Crackers	Fruit Salad with Yogurt	Fresh Vegetables with Ranch Dip	Bananas	Tomato Soup
Lnch	Hash brown, Egg & Cheese Bake, Oranges, Whole Wheat Toast	Chicken Legs, Green Beans, Pears, Whole Wheat Roll	Cheese Burgers, Carrot Sticks, Grapes	Whole Wheat Spaghetti with Meat Sauce, California Melody, Melon	Chicken Tetrazzini , Green Beans, Apples, Whole Wheat Bun
PMS	Chicken Noodle Soup with Carrots	Banana Bread & Juice	Chicken Salad with Ritz Crackers	Refried Bean Dip & Tortilla	Baked Apples with Oatmeal
	8	9	10	11	12
BF		Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Wheat Toast & Grapes	Pancakes & Apples
AMS		Apple Sauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Closed	Chicken Alfrado with Whole Wheat Pasta, Broccoli, Oranges	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread	Whole Wheat Grilled Cheese, Tomato Soup, Melon	Tuna Casserole, Peas, Apples
PMS		Vegetable Soup and Oyster Crackers	Cheese Cubes and Juice	Egg Salad with Whole Grain Club Crackers	Zucchini Bread
	15	16	17	18	19
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Whole Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Wheat Toast & Apple
AMS	Oranges	Apples	Saltines	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Lasagna, Green Beans, Pears	Beef Strognonoff, Broccoli, Pineapple	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken casserole, carrots, Melon	Ham & Cheese Sandwich, Carrots, Apple
PMS	Tomato Soup with Oyster Crackers	Ham and Cheese Cubes	Vegetable, Cheese Pasta Salad	Cornbread and Juice	Cereal Mix & Juice
	22	23	24	25	26
BF	Whole Grain Cereal & Apples	Whole Wheat Toast & Oranges	Whole Wheat French Toast & Bananas	Bagels & Grapes	Whole Wheat English Muffins & Apples
AMS	Graham Crackers	Bagels and Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Tomato Soup
Lnch	Pulled Pork, Mixed Vegetables, Peaches, Hot dog bun	Chicken & Gravy, California Melody, Oranges, Stuffing	Meat Loaf, Mashed Potatoes, Grapes, Whole Wheat Bread	Cheese Quesadilla, Carrot sticks, apple	Taco Casserole, corn, Melon
PMS	Chicken Noodle Soup with Carrots	Baked Apples with Oatmeal	Chicken Salad with Club Crackers	Banana bread and Juice	Fruit Salad with Yogurt
	29	30	31		
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas		
AMS	Oranges	Apple Sauce	Mandarin Oranges		
Lnch	Chicken Tenders, Corn, Pears, Wheat Bread	Baked Whole Wheat Mostaccioli & Meat Sauce, Broccoli, Apples	Pork Roast, Roasted Potato, Grapes, Whole Wheat Roll		
PMS	Fish Crackers and Juice	Vegetable Soup with Oyster Crackers	Cheese & Crackers		

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