

Hugging Tree Nature Preschool

Menu – October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
AM Snack	English Muffin Clementines	Pretzels Grapes	Sunbutter Apple Slices	Yogurt Pears	Bagels Grapes
Lunch	1% Milk Meatloaf Green Beans Apple Slices	1% Milk Meat & Cheese Pizza Broccoli Peaches	1% Milk Pancakes Eggs Strawberries Potatoes	1% Milk PB and J Sandwiches Corn Apple Slices	1% Milk Shredded Chicken Sandwich Mango Green Beans
PM Snack	Wheat Thins Cherry Tomatoes	Goldfish Crackers Sugar Snap Peas	Saltines Cheese Stick	Kix Oranges	Hummus Pretzels
	10	11	12	13	14
AM Snack	Graham Crackers Apple Slices	Shredded Wheat Bites Strawberries	Bagel Sunbutter	NO SCHOOL	NO SCHOOL
Lunch	1% Milk Lazy Lasagna Peas and Carrots Grapes	1% Milk Chicken Quesadilla Mixed vegetables Clementines	1% Milk Hamburger Bun Green Beans Cantaloupe		
PM Snack	Oyster Crackers Cheese Stick	Triscuit Crackers Carrots	Pretzels Sugar Snap Peas		
	17	18	19	20	21
AM Snack	Graham Crackers Banana	Oatmeal Squares Applesauce	Yogurt Strawberries	Chex Pears	Triscuit Crackers Peaches
Lunch	1% Milk Grilled Cheese Sandwich Tomato Soup Applesauce	1% Milk Spaghetti Meatballs Corn Strawberries	1% Milk Tator Tot Hotdish Toast Mixed Vegetables Pears	1% Milk Baked Chicken Dinner Roll Peas Peaches	1% Milk Macaroni and Cheese Hot Dog w/bun Grapes Carrots
PM Snack	Flatbread Carrots	Hard Boiled Egg Ritz Crackers	Cheerios Raisins	Oyster Crackers Yogurt	Goldfish Crackers Broccoli
	24	25	26	27	28
AM Snack	Super Hero Muffins Raisins	Flatbread Clementines	Cereal Milk	Cheese Stick Apple Slices	Graham Cracker Banana
Lunch	1% Milk Sloppy Joes Peas Strawberries	1% Milk Egg and Cheese Burrito Pears Broccoli	1% Milk Lazy Lasagna Green Beans Peaches	1% Milk Chicken Nuggets Breadstick Kiwi Peas	1% Milk Turkey and Cheese Sandwich Apple Slices Cherry Tomatoes
PM Snack	Multigrain Tortilla Chips Applesauce	Goldfish Crackers Grapes	English Muffin Sunbutter	Ritz Crackers Cheese Stick	Soft Pretzels Carrots

- All grain products will be whole grain as much as possible