

Sep/Oct
Menu A + C

M E N U

All Meals: Milk & Water
Breakfast: 100% Fruit Juice option

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruity Pebble Yogurt Parfait (made w/ Fresh fruit)	Cinnamon Toast & Bananas	Berry Delicious Pancakes (made with Greek Yogurt)	Egg & Sausage Scramble	Cereal & Berries
Lunch	Grilled Cheese Carrots & Cucumber Pretzels Apple Sauce	Roasted Chicken Mac & Cheese Italian Green Beans Bread	Quesadillas (w/ avocado) Beans Elote Pineapple	Baked Ziti Salad Garlic Toast Mandarin Oranges	Crackers Cheese Turkey Fresh Fruit
Snack A.M.	Raisins	Cantaloupe	Fun with Food: Fruit Pizza (Week A) S'more Banana Boats (Week C)	Pretzels	Nutrigrain Bars
Snack P.M.	White Cheddar Crackers	Wheat Thins	Graham Crackers	Goldfish	Animal Crackers

M E N U

Breakfast				
Lunch				
Snack				
Dinner				