



October 2018

Menu for Mt. Pleasant Child Care



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1 “B” Week</p> <p>Breakfast: Bagels, juice, milk AM Snack: Bananas & yogurt Lunch: Chicken noodle soup, crackers, fruit, milk PM Snack: Pepperoni, cheese & crackers</p>	<p>2</p> <p>Breakfast: Donuts, juice, milk AM Snack: Bears (Teddy Grahams) Lunch: Pizza, salad, fruit, milk PM Snack: Cottage cheese & fruit</p>	<p>3 Grandparents Day Pre K & Infants</p> <p>Breakfast: Cereal, toast, juice, milk AM Snack: Brownies & milk Lunch: Spaghetti & meatballs, cucumber tomato salad, fruit, milk PM Snack: Applesauce & animal crackers</p>	<p>4 Grandparents Day PS & Toddlers</p> <p>Breakfast: Pop tart, juice, milk AM Snack: B cookies Lunch: Chicken nuggets, mashed potatoes, corn, fruit, milk PM Snack: Mini wheats, milk</p>	<p>5</p> <p>Breakfast: Omelet, toast, juice, milk AM Snack: Berries & graham crackers Lunch: Hoagie, chips, fruit, milk PM Snack: S’mores trail mix</p>
<p>8 “Fire Prevention & Safety” Week</p> <p>Breakfast: Muffin, juice, milk AM Snack: Graham crackers & grapes Lunch: Turkey & cheese sandwich, chips, fruit, milk PM Snack: Rice cakes, dried fruit</p>	<p>9</p> <p>Breakfast: Waffle, fruit, milk AM Snack: Apples & dip Lunch: Chicken patty sandwiches, tater tots, green beans, fruit, milk PM Snack: Nachos and cheese</p>	<p>10</p> <p>Breakfast: Sausage sandwich, juice, milk AM Snack: Fruit salad Lunch: Cheeseburger, french fries, peas, fruit, milk PM Snack: Yogurt and crackers</p>	<p>11</p> <p>Breakfast: Toaster strudels, juice, milk AM Snack: Banana pudding and vanilla wafers Lunch: Corn dog, french fries, baked beans, fruit, milk PM Snack: Pretzels, carrots, ranch</p>	<p>12</p> <p>Breakfast: Scrambled eggs, toast, milk AM Snack: Popcorn, juice Lunch: Nachos supreme, fruit, milk PM Snack: Bagel bites</p>
<p>15 “Shape” Week</p> <p>Breakfast: Yogurt, fruit, juice, milk AM Snack: Sliced banana (circle) Lunch: Stuffed shells, salad, fruit, milk PM Snack: Soft pretzels</p>	<p>16</p> <p>Breakfast: Pancakes & bacon, juice, milk AM Snack: Graham cracker (rectangle) Lunch: Hamburger gravy over noodles, corn, fruit, milk PM Snack: Strawberry Cheerios, milk</p>	<p>17</p> <p>Breakfast: Cinnamon or cheese toast, juice, milk AM Snack: Grapes (oval) Lunch: Tomato soup, grilled cheese, fruit, milk PM Snack: Jell-O, fruit</p>	<p>18</p> <p>Breakfast: Scrambled eggs, toast, juice, milk AM Snack: Bugles (triangle) Lunch: Roast, potatoes, carrots, fruit, milk PM Snack: Pizza bites</p>	<p>19</p> <p>Breakfast: Cereal, fruit, milk AM Snack: Cookie (square) Lunch: Pizza dippers, cucumber slices, fruit, milk PM Snack: Yogurt, animal crackers</p>
<p>22 “C” Week</p> <p>Breakfast: Muffin, juice, milk AM Snack: Cottage cheese & fruit Lunch: Taco, rice, fruit, milk PM Snack: Ice cream</p>	<p>23</p> <p>Breakfast: Toaster strudel, juice, milk AM Snack: C cookies Lunch: Alphabet soup, crackers, fruit, milk PM Snack: String cheese, crackers</p>	<p>24</p> <p>Breakfast: Breakfast burrito, juice, milk AM Snack: Celery, Carrots & ranch Lunch: Ham, scalloped potatoes, corn, fruit, milk PM Snack: Angel eggs</p>	<p>25</p> <p>Breakfast: Fruit & yogurt, juice, milk AM Snack: Crackers & cheese Lunch: Macaroni and cheese, peas applesauce, milk PM Snack: Trail mix</p>	<p>26</p> <p>Breakfast: Eggs & bacon, fruit, milk AM Snack: Caramel dip, apples Lunch: Hot dog, tater tots, baked beans, fruit, milk PM Snack: Goldfish & juice</p>
<p>29 “Harvest” Week</p> <p>Breakfast: Muffin, juice, milk AM Snack: Pumpkin cookie, milk Lunch: Chicken, stuffing, mashed potatoes, fruit, milk PM Snack: Cheese, pepperoni, crackers</p>	<p>30 Harvest Party</p> <p>Breakfast: Cereal, milk AM Snack: Spice cake Lunch: Steak or chicken salad, French fries, fruit, milk PM Snack: Cucumbers, dip</p>	<p>31</p> <p>Breakfast: French toast, juice, milk AM Snack: Apples, graham crackers Lunch: Chicken, rice, broccoli, fruit, milk PM Snack: Goldfish, juice</p>		

Water will be offered with snacks. This menu is subject to change.