



October 2019

Menu for Mt. Pleasant Child Care



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

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