



October 2020

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: Blueberries & graham crackers Lunch: Sloppy joe, tater tots, fruit, milk PM Snack: Cottage cheese & fruit	2 Breakfast: Bagels, juice, milk AM Snack: Bugels Lunch: Cheeseburgers, French fries, corn, fruit, milk PM Snack: Granola Bars
5 "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	6 Breakfast: Waffle, fruit, milk AM Snack: Apples & dip Lunch: Chicken patty sandwiches, tater tots, green beans, fruit, milk PM Snack: Nachos and cheese	7 Breakfast: Sausage sandwich, juice, milk AM Snack: Fruit salad Lunch: Pizza, salad, fruit, milk PM Snack: Yogurt and crackers	8 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	9 Breakfast: French toast, milk AM Snack: Popcorn, juice Lunch: Hoagie, chips, fruit, milk PM Snack: Bagel bites
12 "Shape" Week Breakfast: Cereal, fruit, juice, milk AM Snack: Sliced banana (circle) Lunch: Stuffed shells, salad, fruit, milk PM Snack: Soft pretzels, cheese	13 Breakfast: Pancakes & bacon, juice, milk AM Snack: Graham cracker (rectangle) & pudding Lunch: Hamburger gravy over noodles, corn, fruit, milk PM Snack: Strawberry Cheerios, milk	14 Breakfast: Breakfast casserole, juice, milk AM Snack: Grapes (oval) & crackers Lunch: Grilled cheese, tomato soup, fruit, milk PM Snack: Jell-O, fruit	15 Breakfast: Scrambled eggs, toast, juice, milk AM Snack: Bugles (triangle) Lunch: Chicken, rice, broccoli, fruit, milk PM Snack: Pizza bites	16 Breakfast: Cinnamon rolls, fruit, milk AM Snack: Cheeze its (square) Lunch: Chicken nuggets, mashed potatoes, corn, fruit, milk PM Snack: Yogurt, animal crackers
19 "C" Week Breakfast: Muffin, juice, milk AM Snack: Cottage cheese & fruit Lunch: Taco, rice, fruit, milk PM Snack: Ice cream	20 Breakfast: Cheese and cinnamon toast, juice, milk AM Snack: C cookies Lunch: Ham Bar B Q, chips, fruit, milk PM Snack: S'mores trail mix	21 Breakfast: Breakfast burrito, juice, milk AM Snack: Celery, Carrots & ranch Lunch: Roast, potatoes, carrots, fruit, milk PM Snack: Angel eggs	22 Breakfast: Fruit & yogurt, juice, milk AM Snack: Crackers & cheese Lunch: Macaroni and cheese, peas applesauce, milk PM Snack: Trail mix	23 Breakfast: Eggs & bacon, fruit, milk AM Snack: Caramel dip, apples Lunch: Hot dog, tater tots, baked beans, fruit, milk PM Snack: Goldfish & juice
26 "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	27 Breakfast: Cereal, milk AM Snack: Spice cake Lunch: Ham, scalloped potatoes, corn, fruit, milk PM Snack: Cucumbers, dip	28 Breakfast: French toast, juice, milk AM Snack: Apples, graham crackers Lunch: Steak or chicken salad, French fries, fruit, milk PM Snack: Mini wheats, milk	29 Breakfast: Bagels, juice, milk AM Snack: Donuts & Cidar Lunch: Chicken noodle soup, crackers, fruit, milk PM Snack: Bananas & yogurt	30 Harvest Party Breakfast: Toaster strudel, juice, milk AM Snack: S'mores trail mix Lunch: Nachos supreme, fruit, milk PM Snack: String cheese, crackers

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