

DAYCARE ALLERGENS
BREAKFAST & LUNCH – OCTOBER MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus [N] Oats [O]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				1	2
LUNCH					
BREAKFAST	5	6	7	8	9
LUNCH					
BREAKFAST	12	13	14	15	16
LUNCH					



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	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
BREAKFAST		<p>¼ c WG Oatmeal ½ c Honeydew ¾ c Milk [D]</p>	<p>½ WG Bagel [G][C] & Cream Cheese [D] ½ c Sliced Apple ¾ c Milk [D]</p>		<p>1 Cheese Omelet 1 oz WG English Muffin [G][S][C] w PC Jelly [C] ½ c Pears ¾ c Milk [D]</p>
LUNCH	<p>Japan 2 oz Teriyaki Chicken [T][S][C] ¼ c WG Rice ¼ c Asian Succotash – (baby corn, lima beans, tomato) [T][C] ¼ c Pineapple ¾ c Milk [D]</p> <p>Veg: 3 Chix Nuggets w Teriyaki Sauce</p>	<p>½ c Beef Picadillo #8 [T] 1 ½ oz m/ma ¼ c WG Rice (½ oz Grain) ½ c Spinach Salad w creamy Italian [S][C] / EHS 1/8 c Steamed Spinach ¼ c Pears ¾ c Milk [D]</p> <p>Veg: ½ c Bean Piccadillo 1.5 oz m/ma</p>	<p>Breakfast for Lunch 3 Turkey Sausage Bites 2 WG Pancake [E][G][S][C] w Lite Syrup ¼ c Creamed Spinach & Greens [D][G][S][C] ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D]</p> <p>Veg: ½ c Yogurt [D][C] 1 oz m/ma & 1 oz String Cheese 1 oz m/ma and pancakes,</p>	<p>2 oz Beef Patty [S] 1 WG Bun ¼ c Glazed Carrots ¼ c Cantaloupe ¾ c Milk [D]</p> <p>Veg ½ c Barbecue Kidney Beans (2 oz m/ma) ½ WG w Pita (1 oz g)</p>	<p>5/8 c Seasoned Red Beans [T] & WG Rice • 3/8 c Beans; ¼ c Rice ¼ c Broccoli w Italian Dressing [S][C] ½ Apple ¾ c Milk [D]</p> <p>Veg: Same</p>
BREAKFAST	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
LUNCH	<p>1 WG Pancake [E][G][S][C] w Syrup [C] ½ c Honeydew ¾ c Milk [D]</p> <p>¼ c WG Spaghetti [G] & ½ c Meat Sauce [T] ¼ c Green Beans 2 Orange Wedges ¾ c Milk [D]</p> <p>Veg: ¼ Spaghetti & ½ Soy Protein Sauce [S]</p>	<p>¼ c Turkey Sloppy Joe [T][C] 1 oz WG Bun [G][S] ¼ c Creamed Spinach & Greens [D][G][S][C] ¼ c Apple ¾ c Milk [D]</p> <p>Veg: ½ c Soy Protein Joe 1.5 oz m/ma</p>	<p>½ WG English Muffin [G][S][C] w PC Jelly [C] ½ c Melon Salad ¾ c Milk [D]</p> <p>China ¼ c Stir Fried Beef La Choy [C] ¼ c WG Rice ¼ c Broccoli & Dip [D] ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk [D]</p> <p>Veg: ½ c Soy Protein 2 oz m/ma & Broccoli</p>	<p>2 oz Oven Fried Chicken Leg EHS 1 Chicken Tenders [G][S][C] ¼ c Coins Carrots 1 oz Mini corn muffin [E][G][S][C] ¼ c Peaches ¾ c Milk [D]</p> <p>Veg: 2 Chix strips 2 oz m/ma alt ½ cheese sandwich 4 oz yogurt [D][C]</p>	<p>¼ c Scrambled Eggs [D][E] 1 WG Biscuit [D][G][S] ½ c Mandarin Oranges ¾ c Milk [D]</p> <p>½ c WG Macaroni & Cheese [D][E][G] [S][C] ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans [C] ½ c Spinach Salad w Italian [S][C] EHS Steamed Spinach ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]</p> <p>Veg: Same</p>