



Sweet Beginnings

Early Learning Center

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 BREAKFAST: Bran Flakes, peaches , milk LUNCH: Meatballs, roll, green beans, oranges, milk SNACK: Yogurt & goldfish</p>	<p>4 BREAKFAST: Pancakes, applesauce, milk LUNCH: Baked potato soup, turkey roll-up, watermelon, milk SNACK: Animal crackers & milk</p>	<p>5 BREAKFAST: Sausage biscuit, cantaloupe, milk LUNCH: Ham & cheese slider, peas, grapes, apples, milk SNACK: Black bean dip & pita chips</p>	<p>6 BREAKFAST: Oatmeal, blueberries, milk LUNCH: Chicken Alfredo, broccoli, plums, milk SNACK: Rice Krispy Treat & milk</p>	<p>7 BREAKFAST: Bagels w/cream cheese, pineapple, milk LUNCH: Spaghetti squash lasagna w/beef, corn, mixed fruit, milk SNACK: Cheese & crackers</p>
<p>10 BREAKFAST: Rice krispies, banana, milk LUNCH: Chicken Quesadillas, green beans, apples, milk SNACK: Roasted Chick peas & Cucumbers</p>	<p>11 BREAKFAST: Waffles, plums, milk LUNCH: Chili w/beef, peas, saltine crackers, kiwi, milk SNACK: Cheese sandwich & milk</p>	<p>12 BREAKFAST: Breakfast quesadilla, melon, milk LUNCH: Turkey & cheese pinwheel, mixed veggies, applesauce, milk SNACK: Yogurt & graham crackers</p>	<p>13 BREAKFAST: Biscuits & gravy, peas, milk LUNCH: BBQ chicken , watermelon, mashed potatoes, garlic bread, milk SNACK: Banana bread & milk</p>	<p>14 BREAKFAST: English muffins, blueberries, milk LUNCH: Cheesy Beef & Rice Casserole, broccoli, mixed fruit, milk SNACK: Cheese & crackers</p>
<p>17 BREAKFAST: Cheerios, oranges, milk LUNCH: Beef & cheese Burrito, corn, mango, milk SNACK: Goldfish & apples</p>	<p>18 BREAKFAST: Oatmeal, blueberries, milk LUNCH: Chicken noodle soup w/mixed veggies, pineapple, milk SNACK: Chex-mix & milk</p>	<p>19 BREAKFAST: Cinnamon toast, pears, milk LUNCH: Spaghetti w/beef, salad, nectarines, milk SNACK: Pretzels & cottage cheese</p>	<p>20 BREAKFAST: Pancakes, grapes, milk LUNCH: Mac & cheese w/ham & broccoli, oranges, milk SNACK: Oatmeal cookie & milk</p>	<p>21 BREAKFAST: Bagels, oranges, milk LUNCH: Tuna casserole, peas, mixed fruit, milk SNACK: Cheese & crackers</p>
<p>24 BREAKFAST: Corn flakes, bananas , milk LUNCH: Chicken and rice, peas, kiwi, milk SNACK: Carrots & hummus</p>	<p>25 BREAKFAST: Sausage biscuit, pears, milk LUNCH: Broccoli & cheese soup, ham roll-up, apples, milk SNACK: Graham crackers & milk</p>	<p>26 BREAKFAST: French toast, oranges, milk LUNCH: Beef Stroganoff, mixed veggies, cantaloupe, milk SNACK: Yogurt & apple slices</p>	<p>27 BREAKFAST: Cinnamon roll, peaches, milk LUNCH: Sweet and sour chicken, fried rice, mixed veggies, watermelon, milk SNACK: Animal crackers & milk</p>	<p>28 BREAKFAST: English muffins, applesauce, milk LUNCH: Beef Enchiladas, corn , mixed fruit, milk SNACK: Cheese & crackers</p>
<p>31 BREAKFAST: Bran flakes, bananas , milk LUNCH: Italian chicken, bread stick, salad, grapes, milk SNACK: Goldfish & apples</p>				