



Sweet Beginnings

Early Learning Center

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BREAKFAST: Bran Flakes, Oranges, Milk</p> <p>LUNCH: Meatballs, Breadstick (WG), Green Beans, Peaches, Milk</p> <p>SNACK: Yogurt & Blueberries</p>	<p>3</p> <p>BREAKFAST: Breakfast Roll (WG), Apples, Milk</p> <p>LUNCH: Chicken Alfredo, Broccoli, Bananas, Milk</p> <p>SNACK: Animal Crackers (WG) & Milk</p>	<p>4</p> <p>BREAKFAST: Bagels w/Cream Cheese, Melon, Milk</p> <p>LUNCH: Baked Potato Soup, Turkey Roll-up (WG), Pineapple, Milk</p> <p>SNACK: Chili Bean Dip & Tortilla Chips (WG)</p>	<p>5</p> <p>BREAKFAST: Pumpkin Oatmeal, Apple, Milk</p> <p>LUNCH: Ham & Cheese Slider w/Buns (WG) Peas, Grapes, Milk</p> <p>SNACK: Pretzels (WG) & Milk</p>	<p>6</p> <p>BREAKFAST: Sausage Biscuit, Melon, Milk</p> <p>LUNCH: Spaghetti (WG) w/Beef, Corn, Mixed Fruit, Milk</p> <p>SNACK: Cheese & Crackers</p>
<p>9</p> <p>BREAKFAST: Rice Krispies, Oranges, Milk</p> <p>LUNCH: Chicken Quesadillas (WG), Green Beans, Apples, Milk</p> <p>SNACK: Edamame & Cottage Cheese</p>	<p>10</p> <p>BREAKFAST: Waffles, Pears, Milk</p> <p>LUNCH: Turkey & Cheese Pinwheel (WG) Mixed Veggies, Applesauce, Milk</p> <p>SNACK: Cheese Sandwich (WG) & Milk</p>	<p>11</p> <p>BREAKFAST: Breakfast Burrito (WG) Banana, Milk</p> <p>LUNCH: Chili w/Beef, Peas, Saltine Crackers (WG), Grapes, Milk</p> <p>SNACK: Yogurt & Graham Crackers (WG)</p>	<p>12</p> <p>BREAKFAST: Biscuits & Gravy, Pears, Milk</p> <p>LUNCH: BBQ Chicken, Melon, Mashed Potatoes, Garlic Bread (WG), Milk</p> <p>SNACK: Corn Muffin & Milk</p>	<p>13</p> <p>BREAKFAST: English Muffins w/Jelly, Blueberries, Milk</p> <p>LUNCH: Cheesy Beef & Rice (WG) Casserole, Broccoli, Mixed Fruit, Milk</p> <p>SNACK: Cheese & Crackers</p>
<p>16</p> <p>BREAKFAST: Cheerios, Oranges, Milk</p> <p>LUNCH: Bean & Cheese Burrito (WG) Corn, Applesauce, Milk</p> <p>SNACK: Wheat Thins & Carrots</p>	<p>17</p> <p>BREAKFAST: Pumpkin Oatmeal, Blueberries, Milk</p> <p>LUNCH: Tuna Casserole, Peas, Pears, Milk</p> <p>SNACK: Breadstick (WG) & Milk</p>	<p>18</p> <p>BREAKFAST: Cinnamon Toast (WG), Bananas, Milk</p> <p>LUNCH: Chicken Noodle Soup w/Mixed Veggies, Pineapple, Milk</p> <p>SNACK: Pretzels (WG) & Cottage Cheese</p>	<p>19</p> <p>BREAKFAST: Croissant, Grapes, Milk</p> <p>LUNCH: Mac (WG) & Cheese w/Ham & Broccoli, Oranges, Milk</p> <p>SNACK: Chex-mix & Milk</p>	<p>20</p> <p>BREAKFAST: Bagels w/Cream Cheese, Oranges, Milk</p> <p>LUNCH: Korean Beef, Rice (WG), Edamame, Mixed Fruit, Milk</p> <p>SNACK: Cheese & Crackers</p>
<p>23</p> <p>BREAKFAST: Corn Flakes, Oranges, Milk</p> <p>LUNCH: Beef Stroganoff, Mixed Veggies, Cantaloupe, Milk</p> <p>SNACK: Tortilla Chips (WG) & Salsa</p>	<p>24</p> <p>BREAKFAST: Cinnamon Roll, Grapes, Milk</p> <p>LUNCH: Baked Chicken & Rice (WG), Peas, Pears, Milk</p> <p>SNACK: Graham Crackers (WG) & Milk</p>	<p>25</p> <p>BREAKFAST: French Toast (WG), Oranges, Milk</p> <p>LUNCH: Broccoli & Cheese Soup, Ham Roll-up(WG), Bananas, Milk</p> <p>SNACK: Yogurt & Apple Slices</p>	<p>26</p> <p>BREAKFAST: Sausage Biscuit, Peaches, Milk</p> <p>LUNCH: Sweet & Sour Chicken, Rice (WG), Stir Fry Veggies, Melon, Milk</p> <p>SNACK: Animal Crackers & Milk</p>	<p>27</p> <p>BREAKFAST: English Muffins w/Jelly, Applesauce, Milk</p> <p>LUNCH: Beef Enchiladas (WG), Corn, Mixed Fruit, Milk</p> <p>SNACK: Cheese & Crackers</p>
<p>30</p> <p>BREAKFAST: Bran Flakes, Oranges, Milk</p> <p>LUNCH: Ham & Cheese Crossiant, Tater Tots, Peaches, Milk</p> <p>SNACK: Goldfish (WG) & Watermelon</p>	<p>31</p> <p>BREAKFAST: Toast W/ Jelly (WG), Pears, Milk</p> <p>LUNCH: Italian Chicken, Breadstick (WG), Salad, Grapes, Milk</p> <p>SNACK: Bananas & Milk</p>			