



October 2019 BREAKFAST AND LUNCH MENU

Early Learning Centers 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mini Pancakes 1	Sausage & Cheese English Muffin 2	Chicken Biscuit 3	Sausage & Cheese Kolache 4
	Soft Tacos Pinto Beans Fresh Apple Slices	Pizza Rolls Whole Kernel Corn Fresh Mixed Fruit	Turkey Hot Dog Mixed Vegetables Fresh Pineapple Chunks	Lunch from Home
Cereal 7	French Toast 8	Sausage & Cheese Biscuit 9	Ham & Cheese Croissant 10	Sausage & Cheese Kolache 11
Cheeseburger Black Beans Sliced Peaches	Fish Sticks Whole Kernel Corn Mandarin Oranges	Macaroni & Cheese Seasoned Green Beans Fresh Grapes	Orange Chicken & Lo Mein Mixed Vegetables Fresh Mixed Fruit	Lunch from Home
Yogurt w/ Granola 14	Mini Pancakes 15	Sausage & Cheese Biscuit 16	Chicken Biscuit 17	Sausage & Cheese Kolache 18
Cheese Enchiladas Seasoned Pinto Beans Sliced Peaches	Chicken Chunks Whole Kernel Corn Fresh Apple Slices	Grilled Cheese Croissant Seasoned Green Beans Mandarin Oranges	Chicken Teriyaki & Stir Fried Rice Steamed Broccoli Green & Red Grapes	Lunch from Home
Cereal 21	French Toast 22	Sausage & Cheese Biscuit 23	Ham & Cheese Croissant 24	Sausage & Cheese Kolache 25
Soft Tacos Seasoned Pinto Beans Sliced Peaches	Fish Sticks Whole Kernel Corn Orange Smiles	Cheeseburger Mixed Vegetables Fresh Berries	Spaghetti & Meatballs Steamed Broccoli Fresh Pineapple Wheat Roll	Lunch from Home
Yogurt w/ Granola 28				
Tamales Roasted Corn Sliced Peaches	Soft Tacos Pinto Beans Fresh Apple Slices	Pizza Rolls Seasoned Green Beans Fresh Mixed Fruit	Turkey Hot Dog Mixed Vegetables Fresh Pineapple Chunks	

Breakfast includes:

- Hot Entree
- Fruit (juice on Mondays)
- Cold Milk

Lunch includes:

- Hot Entree
- Vegetable
- Fruit
- Cold Milk



Cucumbers are 90% water; your body is 60% water. Cucumbers are high in fiber, and low in calories, fat, and carbs.

They are a perfect afternoon snack to fill you up.

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