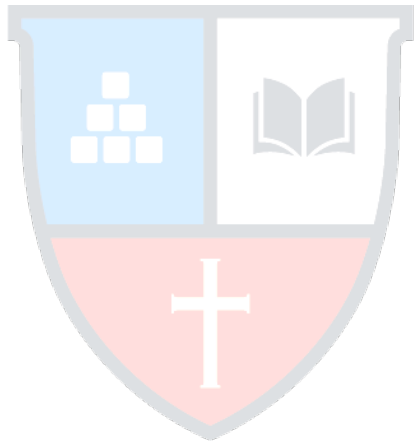


October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast: Bagels, Yogurt Lunch: Baked Popcorn Chicken, Field Peas, Pears Snack: Pretzels, Cheese Sticks	2 Breakfast: Cheese Toast, Applesauce Lunch: Macaroni and Cheese, Peas, Carrots, Fruit Cocktail Snack: Yogurt, Graham crackers	3 Breakfast: Waffles, Blueberries Lunch: Turkey and Cheese Sandwich, Broccoli, Mandarin Oranges Snack: Cheese Sticks, Apple Slices	4 Breakfast: French Toast Sticks, Bananas Lunch: Chicken Burger Slider, Potato Wedges, Pineapple Snack: Cheez-Its, Cut grapes
7 Breakfast: Grits, Strawberries Lunch: Baked Popcorn Chicken, Rice, Applesauce Snack: Baked Lays, Orange Slices	8 Breakfast: Pancakes, Bananas Lunch: Turkey and Cheese Sandwiches, Broccoli, Mandarin Oranges Snack: Cheese Sticks, Crackers	9 Breakfast: Bagels, Apricots Lunch: Chicken and Wild Rice, Field Peas, Diced Carrots Snack: Applesauce, Cheez-Its	10 Breakfast: Cereal, Honeydew Lunch: Mac n Cheese, Green Beans, Pears, Snack: Cheese Sticks, Bananas	11 Breakfast: Cereal, Orange Slices Lunch: Pizza, Diced Carrots, Peaches Snack: Yogurt, Animal Crackers
14 Breakfast: Turkey Sausage, Biscuit, Strawberries Lunch: Breaded Chicken Nuggets, Diced Carrots, Fruit Cocktail Snack: Chex Mix, Yogurt	15 Breakfast: Bagels, Applesauce Lunch: Grilled Turkey and Cheese Sandwich, Field Peas, Peaches Snack: Strawberries, Graham Crackers	16 Breakfast: French Toast Sticks, Strawberries Lunch: Baked Chicken Fries, Sweet Peas, Pears Snack: Cheese Sticks, Crackers	17 Breakfast: Scrambled Eggs, Peaches Lunch: Wholegrain Pasta with Spaghetti Sauce, Pineapple Snack: Raisins, Graham Crackers	18 Breakfast: Cereal, Bananas Lunch: Pizza, Potato Wedges, Pineapple Snack: Pretzels, Mango Chunks
21 Breakfast: Pancakes, Blueberries Lunch: Chicken Soft Taco, Wild Rice, Mandarin Oranges Snack: Yogurt Parfait with Strawberries	22 Breakfast: Cheesy Hash Browns, Turkey Sausage, Blueberries Lunch: Turkey and Cheese Roll up Carrot Sticks, Peaches Snack: Graham Crackers, Raisins	23 Breakfast: Cereal, Orange Slices Lunch: Mini Corn Dogs, Green Beans, Apricots Snack: Apple Slices, Pretzels	24 Breakfast: Scrambled Eggs, Strawberries Lunch: Wholegrain Pasta with Spaghetti Sauce, Broccoli, Fruit cocktail Snack: Animal Crackers, Cheese Sticks	25 Breakfast: Turkey Sausage Pattie, Blueberry Muffins Lunch: Popcorn Chicken Nuggets, Baked French Fries, Pears Snack: Goldfish, Applesauce
28 Breakfast: French Toast Sticks, Bananas Lunch: Wholegrain Pasta with Spaghetti Sauce, Broccoli, Pineapple Snack: Carrot Sticks with Ranch, Crackers	29 Breakfast: Grits, Turkey Bacon Lunch: Open Faced BBQ Sandwich, Field Peas, Pears Snack: Cheese Sticks, Animal Crackers	30 Breakfast: Pancakes, Strawberries Lunch: Crispidos, Corn, Fruit Cocktail Snack: Animal Crackers, Apple Slices	31 Breakfast: Hash Browns, Turkey Sausage, Peaches Lunch: Turkey and Cheese Wheat Slider, Green Beans, Mandarin Oranges Snack: Yogurt, Goldfish	



ARDENT
PRESCHOOL & DAYCARE