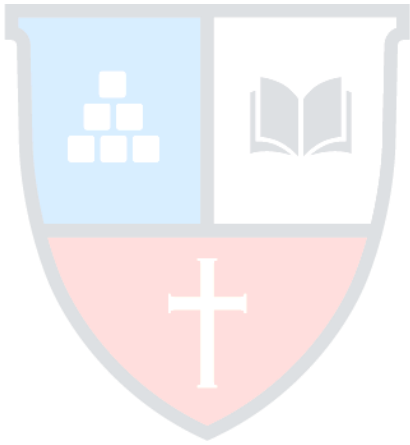


# October 2019

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



ARDENT  
PRESCHOOL & DAYCARE