

BREAKFAST

October 2019

EARLY CHILDHOOD ACADEMY

Breakfast Fact

My Plate recommends:
 Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.
 Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



HEAVENLY EDIBLES & STUFF L.L.C.

* monday

* tuesday

* wednesday

* thursday

* friday

	30 FRESH GRAPEFRUIT (W/G) NUTRI-GRAIN BARS	1 FRESH PEARS (W/G) WAFFLES TURKEY BACON (Syrup)	2 FRESH ORANGES (W/G) BLUEBERRY MUFFINS	3 FRESH BANANAS (W/G) BISCUITS TURKEY SAUSAGE CHEESE (Jelly)	4
7 FRESH NECTARINES (W/G) RAISIN BRAN CEREAL	8 FRESH APPLES (W/G) GOLDEN GRAHAM CEREAL BARS	9 FRESH PEARS (W/G) OATMEAL BISCUITS	10 FRESH ORANGES (W/G) BANANA MUFFINS	11 FRESH BANANAS (W/G) BAGELS EGGS CHEESE (Jelly)	
14 NO SCHOOL COLUMBUS DAY	16 FRESH APPLES (W/G) KIX CEREAL	17 FRESH PEARS (W/G) PANCAKES TURKEY SAUSAGE CHEESE (Jelly)	18 FRESH ORANGES (W/G) APPLE CINNAMON MUFFINS	19 FRESH BANANAS (W/G) OATMEAL W / PEACHES	
21 FRESH PLUMS (W/G) MULTI-GRAIN FROSTED FLAKES	23 FRESH APPLES (W/G) GRANOLA BARS YOGURT	24 FRESH PEARS (W/G) FRENCH TOAST TURKEY HAM (Syrup)	25 FRESH ORANGES (W/G) BLUEBERRY MUFFINS	26 FRESH BANANAS (W/G) ENGLISH MUFFINS EGGS CHEESE (Jelly)	
28 FRESH PLUMS (W/G) CORN CHEX CEREAL	29 FRESH APPLES (W/G) GRAHAM CRACKERS GOGURT	30 FRESH PEARS (w/G) WAFFLES TURKEY SAUSAGE (Syrup)	31 FRESH ORANGES (W/G) BANANA MUFFINS	* monday * tuesday * wednesday * thursday * friday * saturday * sunday /Soy (1% Low Fat white/Lactaid & Skim Milks Served w/all Breakfasts)	

LUNCH

October 2019

EARLY CHILDHOOD ACADEMY

October Highlights

Eat Better, Eat Together Month

(Veggie Options Available)

Vegetarian Awareness Month

10/1 Child Health Day

10/14-18 National School Lunch Week

10/24 Food Day



HEAVENLY EDIBLES & STUFF L.L.C.

* monday

* tuesday

* wednesday

* thursday

* friday

Chicken Nuggets
(W/G) Rolls
Corn / Red Peppers
Fresh Pears
(Dipping Sauce) **1**

Chicken Alfredo
(W/G) Penne Pasta
Broccoli / Onions
Fresh Oranges **2**

Sloppy Meat
(W/G) Buns
Split Peas
Fresh Bananas **3**

Tuna Salad Sandwich
(W/G) Bread
Romaine Carrots
Fresh Seasonal Fruit
Fat Free Italian **4**

Baked Chicken / Gravy
(W/G) Rolls
Spinach
Fresh Apples **7**

Cheese Pizza
(W/G) Pizza Crust
Corn / Red Peppers
Fresh Pears **8**

Turkey Meat Sauce
(W/G) Rigatoni Pasta
Diced Carrots
Celery/Onions/Tomato sauce
Fresh Oranges **9**

Chicken
Sandwich
(W/G) Buns
Chickpeas
Fresh Bananas (Mayo/Must) **10**

Turkey & Cheese
(W/G) Bread
Potato Salad
Fresh Seasonal Fruit
(Mustard/ Ketchup) **11**

NO SCHOOL!
COLUMBUS DAY **14**

Chicken Nuggets
(W/G) Rolls
Mashed Potatoes
Fresh Pears
(BBQ Sauce) **15**

Diced Chicken
(W/G) Brown Rice
Celery/Onions / Tomato /Sauce
Oranges **16**

Ground Turkey / Gravy
(W/G) Brown Rice
Red Beans
Fresh Bananas **17**

Chicken Salad
(W/G) Crackers
Romaine / Tomatoes
Fresh Seasonal Fruit
100% Fruit Juice **18**

Fish Sandwich
(W/G) Biscuits
Green Beans / Onions
Fresh Apples **21**

Turkey Hot Dogs
(W/G) Buns
Veg. Baked Beans
Fresh Pears
(Ketchup/Mustard) **22**

Chicken strips
(W/G) Rolls
Broccoli / Cauliflower
Marinara Sauce
Fresh oranges **23**

Turkey Burgers / Cheese
(W/G) Buns
Diced Carrots
Bananas
(Mayo/Mustard) **24**

Turkey Ham & Cheese
(W/G) Bread
Potato Soup
Fresh Seasonal Fruit
(Mayo / Mustard)
100% Fruit Juice **25**

Chicken Stir Fry
(W/G) Brown Rice
Broccoli / Carrots / Snow peas
Fresh Apples **28**

Chicken Tenders
(W/G) Mac & Cheese
Green Beans
Fresh Pears **29**

Turkey Meat Loaf
(W/G) Rolls
Mashed Potatoes / Tomato
Sauce
Fresh Oranges **30**

Chicken Burrito
(W/G) Tortillas / Brown Rice
Black Beans
Fresh Bananas
(Taco sauce) **31**

8 oz.
1% Fat Free Chocolate
Skim Milk
Soy Milk
Served w / all Lunches