

CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 4th is National Taco Day! Share Your Favorite Taco Recipe with us on Social Media!</p> <div style="display: flex; justify-content: space-around; align-items: center;">     </div>				<p>1</p> <p>a.m. Bananas Vegetarian Bow Tie Lasagna Garlic Bread Peas & Carrots *Apple Slices p.m. Pretzels & Sun Butter</p>
<p>4</p> <p>*National Taco Day* a.m. Whole Grain Pancakes Cod Filet Tacos On Corn Tortillas Coleslaw Peaches p.m. Fruit & Grain Bars</p>	<p>5</p> <p>a.m. Pumpkin Spiced Oatmeal Parmesan Chicken with Linguine Pasta Wheat Bread Mixed Vegetables Apple Sauce p.m. Rice Cakes</p>	<p>6</p> <p>a.m. Chex Cereal and Milk Meatloaf & Mashed Potatoes Wheat Bread Corn Mixed Fruit p.m. *Apple Slices</p>	<p>7</p> <p>a.m. English Muffins & Sun Butter Chicken Noodle Casserole Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch *Fresh Melon p.m. Cucumbers/ *Carrots & Low Fat Ranch</p>	<p>8</p> <p>a.m. Warm Cinnamon *Apples Veggie Stir fry W/ Brown Rice Snap Peas Mandarin Oranges p.m. Cheese & *Tomato Quesadilla</p>
<p>11</p> <p>a.m. Bagels & Cream Cheese Green Chile Chicken Casserole Green Beans Pineapple p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>12</p> <p>a.m. Sausage Biscuit Lite Chicken Divan Wheat Bread Corn & Fresh *Tomato Pears p.m. English Muffin Pizzas</p>	<p>13</p> <p>a.m. Fruit Muffins Bow Tie Lasagna Bake Garlic Bread *Broccoli Mandarin Oranges p.m. Bananas</p>	<p>14</p> <p>a.m. Yogurt with Blueberries Fiesta Chicken Casserole W/ Brown Rice Carrots *Apple Slices p.m. *Fresh Melon</p>	<p>15</p> <p>a.m. Whole Grain Fig Bars *Broccoli Cheese Soup Toasted Pita Bread Peas Bananas p.m. Sun butter & Jam Sandwich Squares</p>
<p>18</p> <p>a.m. Chex Cereal Squares Chicken, Spinach and Cheese Enchiladas Refried Pinto Beans Asparagus Apple Sauce p.m. Baked Cheese Itz Crackers</p>	<p>19</p> <p>a.m. Oatmeal Grilled Chicken & Cheese Pita Sandwich Cauliflower *Fresh Watermelon p.m. Rice Cakes</p>	<p>20</p> <p>a.m. Bananas Turkey & Cheese Toasted Sandwiches On Wheat Bread *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Crackers, Cheese & Pepperoni Slices</p>	<p>21</p> <p>a.m. Cinnamon Toast Pinto Bean Chili W/ Corn Bread Zucchini & Squash Mandarin Oranges p.m. *Apples & Cheese Slices</p>	<p>22</p> <p>a.m. Warm Cinnamon *Apples Three Bean soup Toasted Pita Bread Peas & Carrots Peaches p.m. English Muffins W/ Sun butter & Bananas Slices</p>
<p>25</p> <p>a.m. Whole Grain Waffles Cod fish filet W/ Spanish Rice Snap Peas Pears p.m. Pretzels & Cheese Slices</p>	<p>26</p> <p>a.m. Cinnamon Biscuits Beef and Fresh *Tomato Bake Pinto Beans Coleslaw Pineapple p.m. Apples & Sun Butter</p>	<p>27</p> <p>a.m. Fruit and Yogurt Parfait Chicken Noodle Soup Toasted Pita Bread Corn & *Fresh Tomato Mandarin Oranges p.m. Baked Cheese Itz Crackers</p>	<p>28</p> <p>a.m. Wheat Cheese Toast Turkey Tetrizzini Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Bananas p.m. Pita Bread & Hummus</p>	<p>29</p> <p>a.m. Bananas Whole Wheat Fettuccine Alfredo Garlic Bread Mixed Vegetables *Apple Slices p.m. *Fresh Melon</p>



Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

*** Indicates local Farm Fresh Options**

