





Breakfast & Snack - October, 2018

10/1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/2 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	10/3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/5 +Blueberry-peach overnight oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
10/8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/10 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	10/11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/12 +Pumpkin overnight oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/15 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/16 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	10/17 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/19 +Blueberry-peach overnight oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
10/22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/24 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	10/25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/26 +Pumpkin overnight oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/29 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/30 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	10/31 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

+ Whole grain



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<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>	<p>11/1 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>11/2 +Blueberry-peach overnight oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>
<p>11/5 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>11/6 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>11/7 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>11/8 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>11/9 +Pumpkin overnight oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>11/12 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>11/13 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>11/14 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>11/15 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>11/16 +Blueberry-peach overnight oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>
<p>11/19 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>11/20 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>11/21 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>11/22 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>11/23 +Pumpkin overnight oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>11/26 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>11/27 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p>11/28 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>11/29 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>11/30 +Blueberry-peach overnight oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>

+ Whole grain