

OCTOBER 2019

Preston Hollow UMC Child Development Center

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: Pumpkin muffins **1**
Lunch: Chicken noodle soup w/grilled cheese sandwich, apple slices
Snack: Carrot sticks w/ranch dip

Breakfast: BelVita breakfast bars **2**
Lunch: Turkey sloppy joe's on wheat buns, green peas, fruit cocktail
Snack: Goldfish crackers

Breakfast: Nature's Path organic quick oats **3**
Lunch: No nut butter & jelly on wheat bread, spinach salad, oranges
Snack: Rice cakes w/Babybel

Breakfast: Birch Bender's organic whole grain pancakes **4**
Lunch: Fish sticks w/ sweet potato fries, pumpkin applesauce
Snack: Hummus w/veggie chips

Breakfast: Cascadian Farm organic cinnamon raisin crunch **7**
Lunch: Vegetable soup, cornbread, applesauce
Snack: Hard-boiled egg w/cheese

Breakfast: Raisin toast **8**
Lunch: Whole wheat spaghetti w/pumpkin sauce, garden salad w/ranch dressing, orange slices
Snack: String cheese w/crackers

Breakfast: Nutri Grain blueberry bars **9**
Lunch: Chicken & kale chili, Wheat Thins, bananas
Snack: Pumpkin biscuits

Breakfast: Banana bread **10**
Lunch: Black bean & cheese burritos, Spanish rice, pears
Snack: Guacamole w/ tortilla chips

Breakfast: Cascadian Farm organic ancient grains **11**
Lunch: Tuna salad stuffed pita pockets, coleslaw, applesauce
Snack: Butternut squash pudding

Breakfast: Scrambled eggs **14**
Lunch: Tomato soup w/no nut butter sandwiches, peaches
Snack: Yum Yum organic fruit snacks

Breakfast: Bagels w/brown sugar cream cheese **15**
Lunch: Turkey burritos w/tomato lettuce, black beans, mild salsa, bananas
Snack: Pineapple cups

Breakfast: Continental Breakfast **16**
Lunch: Cheese pizza on cauliflower crust, fruit cocktail, garden salad
Snack: Oikos Greek vanilla yogurt

Breakfast: Nature's Path organic quick oats w/sliced banana **17**
Lunch: Baked chicken nuggets, green beans, peaches
Snack: Spice cake

Breakfast: Hard-boiled eggs w/cheese cubes **18**
Lunch: Fish sticks w/tartar sauce, coleslaw, fruit cocktail
Snack: Nutri Grain blueberry bars

Breakfast: Biscuits w/honey **21**
Lunch: Autumn harvest sauce w/ elbow pasta, Spinach salad w/ranch dressing, pears
Snack: Carrot sticks w/dip

Breakfast: Nature's Path organic quick oats w/ honey **22**
Lunch: Cheesy kale chicken lasagna, peas, pineapple
Snack: Pretzels w/ranch dip

Breakfast: Bagels w/cream cheese **23**
Lunch: Turkey bacon lettuce & tomato tortilla roll ups, spiced applesauce
Snack: Pumpkin bread

Breakfast: Cinnamon toast **24**
Lunch: Taco soup, cornbread, oranges
Snack: String cheese w/Wheat Thins

Breakfast: Pumpkin muffins **25**
Lunch: Tuna & cheese casserole, spinach salad, fruit cups
Snack: Vanilla ice cream w/toffee sauce

Breakfast: Zucchini bread **28**
Lunch: Veggie stir fry w/brown rice, pineapple cups
Snack: Fig Newton's

Breakfast: Blackberry bars **29**
Lunch: Turkey & Swiss sandwich, tomato & cucumber salad, mandarin oranges
Snack: Pumpkin pie

Breakfast: Veggie scrambled eggs **30**
Lunch: No nut butter & jelly on whole wheat bagels, veggie chips, apple slices
Snack: Goldfish crackers

Breakfast: Cranberry muffins **31**
Lunch: Turkey meatballs w/gravy, mashed sweet potato, bananas
Snack: Classroom parties

