

OCTOBER 2018

Preston Hollow UMC Child Development Center

Monday

Breakfast: Greek yogurt w/honey **1**

Lunch: Tomato basil soup w/ grilled cheese sandwich, fresh fruit

Snack: Hard-boiled egg w/wheat thin crackers

Breakfast: Cranberry muffins **8**

Lunch: Zucchini noodles w/creamy avocado pesto sauce, apple, orange & fennel salad, wheat roll

Snack: Vanilla Greek yogurt

Breakfast: Greek yogurt w/honey **15**

Lunch: Pasta shells w/pesto, peas & sundried tomato, mandarin orange & raisin salad

Snack: Bananas w/wheat thins

Breakfast: Belvita breakfast bars **22**

Lunch: Sweet potato kale soup w/couscous, French bread, cinnamon applesauce

Snack: String cheese w/wheat thins

Breakfast: Zucchini muffins **29**

Lunch: Vegetable soup w/cornbread, bananas

Snack: Raisins w/cheese cubes

Tuesday

Breakfast: Apple, pumpkin & carrot muffins **2**

Lunch: Teriyaki grilled chicken nuggets, green beans, rosemary mashed cauliflower

Snack: String cheese w/ goldfish crackers

Breakfast: Hard-boiled eggs w/ wheat bread **9**

Lunch: Turkey shepherd's pie, garden salad w/ citrus dressing, apples

Snack: Veggies w/ ranch dressing

Breakfast: Homemade granola breakfast bars **16**

Lunch: No nut butter & jelly roll ups, celery & carrots w/dip, peaches

Snack: String cheese w/pretzels

Breakfast: Vanilla orange chia pudding **23**

Lunch: Turkey club sandwiches w/cranberry salsa, carrot sticks w/dip, peaches

Snack: Fruit smoothie

Breakfast: Banana bread **30**

Lunch: Turkey lasagna, garden salad, wheat roll, pineapple

Snack: Pretzels w/hummus

Wednesday

Breakfast: Cascadian Farm Organic Ancient Grains Granola **3**

Lunch: Fettucine w/pumpkin cream sauce, spinach salad, cubed pineapple

Snack: Black bean brownies

Breakfast: Cascadian Farm Organic Cinnamon Raisin Granola **10**

Lunch: Chicken cacciatore w/whole wheat pasta, steamed broccoli, bananas

Snack: Goldfish crackers w/cubed cheese

Breakfast: Cascadian Farm Organic Honey O's Cereal **17**

Lunch: Turkey cranberry salad sandwich wrapped in butter lettuce, broccoli slaw, apples

Snack: Popcorn w/parmesan cheese

Breakfast: Cascadian Farm Organic Ancient Grains Granola **24**

Lunch: Mexican street tacos, black beans, Spanish rice, apple slices

Snack: Rice pudding w/maple syrup

Breakfast: Cascadian Farm Organic Cinnamon Raisin **31**

Lunch: No nut butter & banana wraps, baked sweet potato chips

Snack: Classroom parties

Thursday

Breakfast: Breakfast veggie wrap **4**

Lunch: Turkey meatloaf w/maple glaze, roasted broccoli & sweet potato, apples

Snack: Pretzels & hummus

Breakfast: Blueberry pear & spinach muffins **11**

Lunch: Turkey chili w/cornbread, pears

Snack: Hummus & pita chips

Breakfast: Blueberry corn muffins **18**

Lunch: Chicken noodle soup w/ wheat crackers, carrot & pea medley, bananas

Snack: Apple slices w/caramel dipping sauce

Breakfast: Pumpkin scones **25**

Lunch: Asian stir "fry" (veggies, chicken, brown rice), peaches

Snack: Edamame w/dip

Friday

Breakfast: Pumpkin chia bread **5**

Lunch: Tilapia fish tacos w/ peach mango salsa, black beans, pears

Snack: Guacamole w/baked tortilla chips

Breakfast: Scrambled egg w/ cheese & potato **12**

Lunch: Tuna noodle bake, spinach salad w/ranch dressing, peaches

Snack: Pumpkin spiced scones

Breakfast: Hard-boiled eggs **19**

Lunch: Baked fish sticks, jicama slaw, mandarin oranges

Snack: Pumpkin bread

Breakfast: Flax seed pancakes **26**

Lunch: Baked lemon sole w/peas, orzo, fruit salad

Snack: Greek yogurt w/honey

