

# OCTOBER 2023

## Preston Hollow UMC Child Development Center

### Monday

Breakfast Snack: Cinnamon bagels **2**

Lunch: Creamy feta tomato soup w/roll, garden salad, apple slices

Afternoon Snack: Goldfish crackers

**Closed** **9**

Breakfast Snack: Oatmeal bar **16**

Lunch: Minestrone soup w/crackers, shredded carrots, raisins & pineapple salad

Afternoon Snack: Animal crackers

Breakfast Snack: Pancakes w/maple syrup **23**

Lunch: Pumpkin & roasted corn bisque w/cheese biscuits, apple slices

Afternoon Snack: Graham crackers

Breakfast Snack: Fig Newton bar **30**

Lunch: Broccoli cheese soup w/wheat thins, tomato-cucumber salad, apple slices

Afternoon Snack: Cheez Its

### Tuesday

Breakfast Snack: Yoplait yogurt **3**

Lunch: Turkey chili mac w/cornbread, peas, orange slices

Afternoon Snack: Cheez Its

Breakfast Snack: Pumpkin Bread **10**

Lunch: Macaroni & cheese w/butternut squash, green beans, apple slices

Afternoon Snack: Fruit snacks

Breakfast Snack: Nutri grain bar **17**

Lunch: Turkey meatloaf w/autumn vegetable & white bean gratin, orange slices

Afternoon Snack: Blueberry muffin

Breakfast Snack: Bagel w/ cinnamon cream cheese **24**

Lunch: Turkey stir fry w/cauliflower rice, edamame, fruit cocktail

Afternoon Snack: Fig Newton bar

Breakfast Snack: BelVita Bar **31**

Lunch: Turkey cranberry sliders, veggie chips, fruit cocktail

Afternoon Snack: Classroom Parties  
**School closes @ 4:00 p.m.**

### Wednesday

Breakfast Snack: Apple spice muffins **4**

Lunch: Turkey bologna w/cheese sandwiches, veggie chips, pineapple cup

Afternoon Snack: Blueberry bread

Breakfast Snack: Hard boiled egg w/string cheese **11**

Lunch: Baked chicken nuggets, roasted root vegetables, orange slices

Afternoon Snack: Nilla Wafers

Breakfast Snack: Raisin toast **18**

Lunch: Chicken pita pockets, tomato cucumber salad, apple slices

Afternoon Snack: Goldfish crackers

Breakfast Snack: Oatmeal bar **25**

Lunch: Chicken tenders, bulgar pilaf w/butternut squash & feta cheese, orange slices

Afternoon Snack: Cheese sticks w/raisins

### Thursday

Breakfast Snack: Raisin toast **5**

Lunch: Bean & cheese tacos w/coleslaw, mild salsa, apple slices

Afternoon Snack: Chips & guacamole

Breakfast Snack: No nut butter on biscuit **12**

Lunch: Autumn harvest soup w/crackers, fruit cocktail

Afternoon Snack: Graham crackers

Breakfast Snack: Yoplait yogurt **19**

Lunch: No nut butter & maple honey sandwich, garden salad, pear cup

Afternoon Snack: Cheez Its

Breakfast Snack: Yoplait yogurt **26**

Lunch: Pizza w/garden salad, pineapple cup

Afternoon Snack: Banana bread

### Friday

Breakfast Snack: Nutri Grain Bar **6**

Lunch: Fish sticks w/tartar sauce, sweet potato fries, mandarin oranges

Afternoon Snack: Banana bread

Breakfast Snack: Yoplait yogurt **13**

Lunch: Tuna salad on croissants, veggie chips, pineapple cup

Afternoon Snack: Cinnamon cake

Breakfast Snack: BelVita bar **20**

Lunch: Tuna & cheese enchilada w/coleslaw, applesauce

Afternoon Snack: Cinnamon pita chips

Breakfast Snack: Nutri Grain bar **27**

Lunch: Fish nuggets w/ketchup, sweet potato fries, pear cup

Afternoon Snack: Chocolate black bean brownies