

**Zearing Child Enrichment Center
October 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 AM: Cooks choice, water BR: French toast sticks, syrup, pineapple, milk Lunch: Biscuit w/gravy, sausage patty, hash brown patty, pears, milk PM snack: Tortilla roll up w/turkey & cheese, water Snack: Cooks choice, water</p>	<p>3 AM: Cooks choice, water BR: Cereal, banana, milk Lunch: Chicken taco, tortilla, shredded cheese, lettuce, salsa, sour cream, green beans, pineapple, milk PM snack: Goldfish crackers, juice Snack: Cooks choice, water</p>	<p>4 AM snack: Cooks choice, water BR: Toast, jelly, fruit cocktail, milk Lunch: Potato soup, ½ ham sandwich,, carrots, peaches, milk PM snack: String cheese, grapes, water Snack: Cooks choice, water <i>*Inf-2 – no chips for the children</i></p>	<p>5 AM snack: Cooks choice, water BR: Oatmeal, grapes, milk Lunch: Creamed chicken on biscuit, peas, mandarin oranges, milk PM snack: Chex mix, juice Snack: Cooks choice, water</p>	<p>6 AM snack: Cooks choice, water BR: Muffin, oranges, milk Lunch: Spaghetti w/meat sauce, green beans, fruit, breadstick, milk PM snack: Zucchini bread, milk Snack: Cooks choice, water</p>
<p>9 AM: Cooks choice, water BR: Sausage cornbread muffin, pears, milk Lunch: Chicken strips, peas, rice pilaf, mandarin oranges, milk PM snack: Cottage cheese, crackers, water Snack: Cooks choice, water</p>	<p>10 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Ham patty & scalloped potatoes, green beans, pears, bread & butter, milk PM snack: Pita bread, dip, juice Snack: Cooks choice, water</p>	<p>11 AM snack: Cooks choice, water BR: Waffle, syrup, tropical fruit, milk Lunch: Chicken noodle soup, crackers, carrots, peaches, milk PM snack: Tortilla wrap w/refried beans, & cheese, sour cream, water Snack: Cooks choice, water</p>	<p>12 AM snack: Cooks choice, water BR: Oatmeal, apples, milk Lunch: Spanish rice w/hamburger, peas, breadstick, applesauce, milk PM snack: Mini pizza bites, juice Snack: Cooks choice, water</p>	<p>13 AM snack: Cooks choice, water BR: Egg biscuit, peaches, milk Lunch: Sausage French bread pizza, California blend, fruit, milk PM snack: Pumpkin bread, milk Snack: Cooks choice, water</p>
<p>16 AM snack: Cooks choice, water BR: Toast, jelly, pears, milk Lunch: Chicken alfredo, California blend, applesauce, roll, milk PM snack: Crackers, pears, water Snack: Cooks choice, water</p>	<p>17 AM snack: Cooks choice, water BR: Cereal, banana, milk Lunch: Beef & cheese taquito, green beans, mandarin oranges, milk PM snack: Veggies, dip, juice Snack: Cooks choice, water <i>*PreK-SA only</i></p>	<p>18 AM snack: Cooks choice, water BR: Muffin, peaches, milk Lunch: Chili, cheese, crackers, peas, applesauce, milk PM snack: Pineapple, cottage cheese, water Snack: Cooks choice, water</p>	<p>19 AM snack: Cooks choice, water BR: Oatmeal, grapes, milk Lunch: Meatloaf, mashed potatoes w/gravy, broccoli, pears, roll, milk PM snack: Breadstick w/marinara sauce, juice Snack: Cooks choice, water</p>	<p>20 AM snack: Cooks choice, water BR: Sausage patty, biscuit, pears, milk Lunch: Tuna & noodles, carrots, fruit, roll, milk PM snack: Blueberry bread, milk Snack: Cooks choice, water</p>
<p>23 AM snack: Cooks choice, water BR: Coffee cake, pears, milk Lunch: Baked chicken, mashed potatoes w/gravy, California blend, peaches, roll, milk PM snack: Yogurt, pretzels*, apples, water Snack: Cooks choice, water <i>*PreK-SA only</i> <i>*Inf-Two's – crackers</i></p>	<p>24 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Tortellini w/meat sauce, peas, pears, breadstick, milk PM snack: Soft pretzel w/cheese, juice Snack: Cooks choice, water</p>	<p>25 AM snack: Cooks choice, water BR: Bagel w/ cream cheese, peaches, milk Lunch: Fish nuggets green beans, applesauce, bread & butter, milk PM snack: String cheese, crackers, water Snack: Cooks choice, water</p>	<p>26 AM snack: Cooks choice, water BR: Oatmeal, apples, milk Lunch: Scrambled eggs, ham patty, broccoli, pineapple, toast, milk PM snack: Pita bread w/ hummus, juice Snack: Cooks choice, water</p>	<p>27 AM snack: Cooks choice, water BR: Pancake, syrup, pineapple, milk Lunch: Sloppy Joe, bun, carrots, fruit, milk PM snack: Banana bread, milk Snack: Cooks choice, water</p>
<p>30 AM snack: Cooks choice, water BR: English muffin, jelly, pineapple, milk Lunch: Chicken patty, bun, peas, peaches, roll, milk PM snack: Hardboiled egg, crackers, water Snack: Cooks choice, water</p>	<p>31 AM snack: Cooks choice, water BR: Cereal, banana, milk Lunch: Mac n' Cheese, ½ turkey sandwich, green beans, pears, milk PM snack: Mini bagel w/ peanut butter*, juice Snack: Cooks choice, water <i>*PreK-SA only</i> <i>*Inf-Two's – flavored cream cheese</i></p>			