

**Zearing Child Enrichment Center**  
**October 2025**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1 (PES-2:00 DISMISSAL)</b> <b>BR:</b> Waffle (WG), syrup, grapes, milk* <b>Lunch:</b> Chili w/meat and beans, cheese, crackers, green beans, applesauce, <b>PM snack:</b> Colby Jack cheese stick, crackers, water	<b>2</b> <b>BR:</b> Cereal (WG), pears, milk* <b>Lunch:</b> Sloppy Joe, bun, green beans, mandarin oranges, milk* <b>PM snack:</b> Soft pretzel, cheese, juice	<b>3</b> <b>BR:</b> English muffin (WG), jelly, bananas, milk* <b>Lunch:</b> Creamed chicken on biscuit, peas, pears, milk* <b>PM snack:</b> Muffin, milk*
<b>6</b> <b>BR:</b> Breakfast burrito, apples, milk* <b>Lunch:</b> Biscuit w/gravy (WG), sausage patty, broccoli, pineapple, milk* <b>PM snack:</b> Cheez Its, fruit, water	<b>7</b> <b>BR:</b> Cereal (WG), oranges, milk* <b>Lunch:</b> Turkey & cheese wrap, cottage cheese, cauliflower, peaches, milk* <b>PM snack:</b> Breadstick w/marinara, juice	<b>8</b> <b>BR:</b> Toast (WG), jelly, grapes, milk* <b>Lunch:</b> Vegetable beef soup, crackers, green beans, applesauce, milk* <b>PM snack:</b> Veggies w/hummus, cheese slices, water	<b>9</b> <b>BR:</b> Pancake on a stick, syrup, pears, milk* <b>Lunch:</b> Ham & cheese sliders (WG), green beans, mandarin oranges, milk* <b>PM snack:</b> Pita bread w/ranch, juice	<b>10 (PES-NO SCHOOL)</b> <b>BR:</b> Cereal (WG), bananas, milk* <b>Lunch:</b> Egg bites, mixed veggie, pears, toast, milk* <b>PM snack:</b> Muffin, milk*
<b>13 (PES-NO SCHOOL)</b> <b>BR:</b> Cereal (WG), apples, milk* <b>Lunch:</b> Beef & cheese quesadilla, carrots, pineapple, milk* <b>PM snack:</b> Yogurt, fruit, water	<b>14</b> <b>BR:</b> French toast sticks, syrup, oranges, milk* <b>Lunch:</b> Chicken patty, bun (WG), tator tots, peaches, milk* <b>PM snack:</b> Goldfish, juice	<b>15</b> <b>BR:</b> Sausage biscuit, grapes, milk* <b>Lunch:</b> Broccoli cheese soup, ½ turkey sandwich (WG), broccoli, applesauce, milk* <b>PM snack:</b> Crackers, fruit, water	<b>16</b> <b>BR:</b> English muffin (WG), jelly, pears, milk* <b>Lunch:</b> Breakfast pizza, green beans, mandarin oranges, milk* <b>PM snack:</b> Chex mix, juice	<b>17</b> <b>BR:</b> Cereal (WG), bananas, milk* <b>Lunch:</b> Chicken strip, rice pilaf, peas, pears, milk* <b>PM snack:</b> Muffin, milk*
<b>20</b> <b>BR:</b> Toast (WG), jelly, apples, milk* <b>Lunch:</b> Meatballs w/gravy, mashed potatoes, pineapple, roll, milk* <b>PM snack:</b> String cheese, crackers, water	<b>21</b> <b>BR:</b> Cereal (WG), oranges, milk* <b>Lunch:</b> Tortellini w/meat sauce, cauliflower, peaches, breadstick, milk* <b>PM snack:</b> Mini bagel w/cream cheese, juice	<b>22</b> <b>BR:</b> Bagel, cream cheese, grapes, milk* <b>Lunch:</b> Potato soup, ½ ham sandwich (WG), carrots, applesauce, milk* <b>PM snack:</b> Graham crackers, banana, water	<b>23 (PES-2:00 DISMISSAL)</b> <b>BR:</b> Pancake (WG), syrup, pears, milk* <b>Lunch:</b> Chicken & cheese quesadilla, peas, mandarin oranges milk* <b>PM snack:</b> Ranch oyster crackers, juice	<b>24 (PES-NO SCHOOL)</b> <b>BR:</b> Cereal (WG), bananas, milk* <b>Lunch:</b> Fish nuggets, green beans, pears, roll, milk* <b>PM snack:</b> Muffin, milk*
<b>27</b> <b>BR:</b> Cereal (WG), apples, milk* <b>Lunch:</b> Mac n' cheese, ham patty, mixed veggie, pineapple, roll, milk* <b>PM snack:</b> Animal crackers, fruit, water	<b>28</b> <b>BR:</b> Bagel, cream cheese, oranges, milk* <b>Lunch:</b> Pizza quesadilla, green beans, peaches, milk* <b>PM snack:</b> Breadstick (WG)w/marinara, juice	<b>29</b> <b>BR:</b> Egg biscuit, grapes, milk* <b>Lunch:</b> Tomato soup, grilled cheese (WG), peas, applesauce, milk* <b>PM snack:</b> Crackers, cheese, water	<b>30</b> <b>BR:</b> Cereal (WG), pears, milk* <b>Lunch:</b> Meatball marinara sub, broccoli, mandarin oranges, milk* <b>PM snack:</b> Applesauce cup, graham crackers, juice	<b>31</b> <b>BR:</b> Apple cinnamon breakfast roll up, bananas, milk* <b>Lunch:</b> Pork fritter, bun (WG), carrots, pears, milk* <b>PM snack:</b> Muffin, milk*

*\*Infants (12 months and younger) - no juice/fruit only*

*\*12 month olds-23 month olds (Whole Milk) 24 month olds-12 year olds (1% Milk) \*WG – whole grain*