

Zearing Child Enrichment Center
October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BR: Cereal (WG), pears, milk* Lunch: Pork fritter, bun, green beans, mandarin oranges, milk* PM snack: Soft pretzel, cheese, juice	2 BR: English muffin (WG), jelly, bananas, milk* Lunch: Egg patty, mixed veggie, pears, toast, milk* PM snack: Muffin, milk*
5 BR: Breakfast burrito, apples, milk* Lunch: Biscuit w/gravy (WG), sausage patty, broccoli, pineapple, milk* PM snack: Cheez Its, fruit, water	6 BR: Cereal (WG), oranges, milk* Lunch: Turkey & cheese wrap, cottage cheese, cauliflower, peaches, milk* PM snack: Cheese calzone, juice	7 (PES-2:00 DISMISSAL) BR: Toast (WG), jelly, grapes, milk* Lunch: Vegetable beef soup, crackers, green beans, applesauce, milk* PM snack: Strawberry grahams, fruit, water	8 BR: Waffle, syrup, pears, milk* Lunch: Ham & cheese sliders (WG), green beans, mandarin oranges, milk* PM snack: Pita bread w/ranch, juice	9 (PES-NO SCHOOL) BR: Cereal (WG), bananas, milk* Lunch: Chicken strip, rice pilaf, peas, pears, milk* PM snack: Muffin, milk*
12 (PES-NO SCHOOL) BR: Cereal (WG), apples, milk* Lunch: Beef & cheese quesadilla, carrots, pineapple, milk* PM snack: Yogurt, fruit, water	13 BR: French toast sticks, syrup, oranges, milk* Lunch: Pizza burger on a bun (WG), mixed veggie, peaches, milk* PM snack: Goldfish, juice	14 BR: Sausage biscuit, grapes, milk* Lunch: Broccoli cheese soup, ½ turkey sandwich (WG), broccoli, applesauce, milk* PM snack: Crackers, fruit, water	15 BR: English muffin (WG), jelly, pears, milk* Lunch: BBQ chicken, bun, green beans, mandarin oranges, milk* PM snack: Chex mix, juice	16 BR: Cereal (WG), bananas, milk* Lunch: Creamed chicken on biscuit, peas, pears, milk* PM snack: Muffin, milk*
19 BR: Toast (WG), jelly, apples, milk* Lunch: Meatballs w/gravy, mashed potatoes, pineapple, roll, milk* PM snack: String cheese, crackers, water	20 BR: Cereal (WG), oranges, milk* Lunch: Tortellini w/meat sauce, cauliflower, peaches, breadstick, milk* PM snack: Mini bagel w/cream cheese, juice	21 BR: Bagel, cream cheese, grapes, milk* Lunch: Potato soup, ½ ham sandwich (WG), carrots, applesauce, milk* PM snack: Graham crackers, banana, water	22 (PES-2:00 DISMISSAL) BR: Pancake (WG), syrup, pears, milk* Lunch: Chicken & cheese quesadilla, peas, mandarin oranges milk* PM snack: Ranch oyster crackers, juice	23 (PES-NO SCHOOL) BR: Cereal (WG), bananas, milk* Lunch: Fish nuggets, green beans, pears, roll, milk* PM snack: Muffin, milk*
26 BR: Cereal (WG), apples, milk* Lunch: Mac n' cheese, ham patty, mixed veggie, pineapple, roll, milk* PM snack: Animal crackers, fruit, water	27 BR: Bagel, cream cheese, oranges, milk* Lunch: Chicken patty, bun (WG), green beans, peaches, milk* PM snack: Breadstick w/marinara, juice	28 BR: Egg biscuit, grapes, milk* Lunch: Tomato soup, grilled cheese (WG), peas, applesauce, milk* PM snack: Crackers, cheese, water	29 BR: Cereal (WG), pears, milk* Lunch: Hamburger noodle casserole, broccoli, mandarin oranges, milk* PM snack: Cheese roll up, juice	30 BR: Pumpkin shaped pancakes, syrup, bananas, milk* Lunch: Open faced sloppy joe w/ghost cheese cutout, bun (WG), carrots, pears, milk* PM snack: Jack-o-lantern soft pretzel, cheese, 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*