


# October 2018



<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
B: WG Bagels, Cream Cheese, Pears, Milk L: Beef Tacos, Lettuce, Tomato, Tropical Fruit, Milk S: Fresh Fruit, Milk	B: WG Cereal, Peaches, Milk L: WG Penne Pasta with Marinara & Zucchini, Sliced Apples, Milk S: Broccoli with Ranch Dipping Sauce, Milk	B: Oatmeal, Fresh Berries, Milk L: Smokin' Powerhouse Chili, WG Saltine Crackers, Tangerines, Milk. S: WG Cheddar Goldfish Crackers, Milk	B: Cheese Omelet, Apple Sauce, Milk L: Black Beans, White Rice, Garden Veggies, Sliced Oranges, Milk S: Cucumber Slices, Cheese, Water	B: WG Turkey-Sausage Pancake Bites, Strawberries, Milk L: Turkey-Hummus Spinach Wraps, Apple Sauce, Milk S: Yogurt & Fruit, Water
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
B: WG Cereal, Peaches, Milk L: Chicken, Cheese & Spinach Quesadillas, Mandarin Oranges, Milk S: WG Blueberry Muffins, Milk	B: WG French Toast, Syrup, Banana, Milk. L: Cream of Potato Soup, Turkey Bacon, WG Biscuits, Pears, Milk S: Hummus & Carrots, Water	B: WG Cereal, Mandarin Oranges, Milk L: Tater Tot Casserole, WG Bread, Apple Slices, Milk. S: WG Grahams & Milk	B: Oatmeal with Strawberries, Milk L: Mini Meatball Sliders w/Marinara Sauce & Mozzarella Cheese, Peaches, Milk S: Celery Sticks & Ranch Dipping Sauce, Milk	B: Croissants w/Fresh Fruit Preserves, Milk L: WG English Muffin Pizzas, Pineapple, Milk S: Fresh Tomato Salsa & WG Tortilla Chips, Water
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
B: WG Cereal, Peaches , Milk L: Turkey Kielbasa, Spinach & Potato Skillet, WG Bread Pears, Milk S: Bananas, Milk	B: WG Apple Breadsticks, Milk L: Beef & Veggie Harvest Stew, WG Crackers, Peaches, Milk S: Berry Cheesecake Dip, WG Grahams, Water	B: WG Cereal, Strawberries, Milk L: WG Broccoli Pasta with Chicken in Alfredo Sauce, Pineapple, Milk S: WG Cheese Crackers, Milk	B: WG Cinnamon Toast, Bananas, Milk L: BBQ Pulled Chicken Slider, Sweet Potato Fries, Tropical Fruit, Milk S: Apple Slices & Yogurt, Water	B: Yogurt, Peaches, Milk L: Hot Dog & Cheese Roll Up's on WG Tortilla, Garden Veggies, Strawberries, Milk S: WG Mini Pretzels , Milk
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
B: WG Cereal, Strawberries, Milk L: Lentil-Vegetable Soup with Turkey Bacon, WG Bread Stick, Pineapple, Milk S: WG Grahams, Milk	B: French Toast Sticks w/ Syrup & Bananas, Milk. L: Veggie Burgers, WG Bun, Potatoes, Tropical Fruit, Milk S: Banana Roll-Ups, Water	B: WG Cinnamon Toast, Apple Sauce, Milk L: Red Beans & Rice with Spinach, Sliced Pears, Milk S: Yogurt with Fruit, Water	B: Cereal, Peaches, Milk L: Sloppy Joe's on a WG Bun, Cucumbers, Pineapple, Milk S: WG Banana Muffin, Milk	B: WG Croissants, Apple Sauce, Milk. L: Cream of Chicken Broccoli Rice Soup, Mandarins, Milk S: WG Goldfish Crackers, Milk
<u>29</u>	<u>30</u>	<u>31</u>		
B: Cereal, Peaches , Milk L: Wow Butter & Jelly Sandwiches on WG Bread, Apple Slices & Carrots, Milk S: Carrot Sticks & Hummus, Water	B: Pancakes W/Syrup, Strawberries, Milk L: Chicken & Veggie Teriyaki Stir-Fry, Brown Rice, Mandarins, Milk S: WG Crackers & Cheese	B: Cereal, Milk, Peaches L: Macaroni & Cheese, Steamed Cauliflower, Sliced Oranges, Milk S: Homemade Pumpkin Bread, Milk		



# November 2018



			<u>1</u> B: Oatmeal, Banana, Milk L: Cheeseburgers on a WG Bun, Sweet Potato Fries, Pears, Milk S: Apple Slices & WowButter, Milk	<u>2</u> B: WG Croissant w/ Fruit Preserves, Milk L: Chicken Tacos, Shredded Lettuce, Diced Tomatoes, Tropical Fruit, Milk S: Cheese & WG Crackers, Water
<u>5</u> B: WG Cereal, Tangerines, Milk L: Corn Dogs, Diced Potatoes, Applesauce, Milk S: Yogurt & Fruit, Water	<u>6</u> B: WG Turkey-Sausage Pancake Bites, Pears, Milk L: Tuna-Celery Salad with WG Crackers, Peaches, Milk S: WG Grahams , Milk	<u>7</u> B: WG French Toast Sticks w/ Syrup, Berries, Milk L: Layered Spinach & Cheese Lasagna, Tropical Fruit, Milk S: WG Muffins, Milk	<u>8</u> B: Cheese Omelet, Apple Sauce, Milk L: Turkey & Cheese Sandwiches on WG Bread, Mandarins, Milk S: Celery, WG Cheese Crackers, Milk	<u>9</u> B: WG Cereal, Pineapple, Milk L: Cheese Pizza, Tossed Salad, Sliced Pears, Milk S: Freshly Baked Muffins with Mom's & Milk
<u>12</u> B: Cereal, Peaches, Milk L: Chicken Fajita Stir-Fry, Brown Rice, Tropical Fruit, Milk S: Yogurt Fruit, Water	<u>13</u> B:WG Cinnamon Toast, Apple Sauce, Milk L: Minestrone Soup with Turkey Meatballs, WG Bread Stick, Mandarins, Milk S: Banana Roll-Ups, Milk	<u>14</u> B: WG Cereal, Fresh Berries, Milk L: Baked Chicken Patties, Garden Veggies, WG Bread, Pears, Milk S: Cucumber Slices, WG Crackers, Water	<u>15</u> B: WG Pancakes w/Syrup, Bananas, Milk L: Santa Fe Veggie Wraps, Sliced Oranges, Milk S:, Sliced Apples & Milk	<u>16</u> B: WG Cereal, Peaches, Milk L: WG Spaghetti & Meatballs w/ Marinara, Pineapple, Milk. S: Fresh Fruit with Father's & Milk
<u>19</u> B: WG Cereal, Pineapple, Milk L: Chicken, Cheese & Spinach Quesadillas, Tropical Fruit, Milk S: Strawberries & Yogurt, Water	<u>20</u> B: WG Croissants, Fruit Preserves, Milk L: Black Beans & White Rice, Mandarins, Milk S: Fresh Tomato Salsa & WG Tortilla Chips, Water	<u>21</u> B: WG Cereal, Pears, Milk L: Roasted Turkey, Mashed Potatoes, Gravy, Sweet Potato Casserole, Green Bean Casserole, Stuffing, Corn Muffins, Cranberry Sauce, Milk S: Fresh Baked Pumpkin Bread, Milk	<u>22</u> <b>Happy Thanksgiving</b> 	<u>23</u> <b>Kiddieland ECE Closed</b>
<u>26</u> B: WG Cereal, Pineapple, Milk L: Creamy Chicken, Broccoli, & Egg Noodle Casserole, Mandarins, Milk S: Celery & Hummus, Water	<u>27</u> B: WG Pancakes w/ Syrup, Fresh Berries, Milk L: WG Fish Sticks, Mixed Veggies, WG Bread, Pears, Milk S: Yogurt & Fruit, Water	<u>28</u> B: WG Cinnamon Toast, Applesauce, Milk L: Chicken Pot Pie Soup, WG Biscuits, Peaches, Milk S: Bananas, Milk	<u>29</u> B: WG Cereal, Tropical Fruit, Milk L: Mini Pulled Pork BBQ Sliders, tossed Salad, Apple Sauce, Milk S: Cheese & Cucumbers, Water	<u>30</u> B: WG French Toast Sticks w/ Syrup, Berries, Milk L: Turkey Sloppy Joe's, WG Bread, Mixed Veggies, Tropical Fruit, Milk S: WG Mini Pretzels, Milk

# December 2018



				
<b><u>3</u></b>	<b><u>4</u></b>	<b><u>5</u></b>	<b><u>6</u></b>	<b><u>7</u></b>
B: WG Cereal, Tangerines, Milk L: Beef Tacos, Lettuce, Tomato, Pears, Milk S: Yogurt & Fruit, Water	B: WG English Muffins, Fruit Preserves, Milk L: Chicken Caesar WG Pasta Salad, Peaches, Milk S: Banana Roll-Ups, Water	B: WG Apple Bread Sticks, Milk L: Veggie-Lentil Soup, WG Pita Bread, Milk. S: Cheese & Apples, Water	B: WG Cereal, Pears, Milk L: Turkey Kielbasa, Spinach & Potato Skillet, WG Bread Pears, Milk S: Milk & Holiday Cookies with Mom's	B: WG Turkey Sausage Pancake Bites, Apple Sauce, Milk L: Tater Tot Casserole, WG Bread, Peaches, Milk S: Apple Slices, Milk
<b><u>10</u></b>	<b><u>11</u></b>	<b><u>12</u></b>	<b><u>13</u></b>	<b><u>14</u></b>
B: WG Cereal, Peaches, Milk L: Cream of Broccoli Soup, WG Biscuits, Orange Slices, Milk S: Cheese, Crackers, Water	B: WG Bagels w/ Cream Cheese, Tropical Fruit, Milk L: WG Chicken Nuggets, BBQ Sauce, Mashed Potatoes, Apples, Milk S: Yogurt & Fruit, Water	B: WG Cereal, Bananas, Milk L: WG Fettucine with Chicken, Broccoli & Alfredo, Peaches, Milk S: Mandarin Oranges, Milk	B: Cheese Omelet, Fresh Berries, Milk L: Black Beans & White Rice, Steamed Green Beans, Sliced Apples, Milk S: WG Mini Pretzels, Milk	B: WG Croissants, Fruit Preserves, Milk L: Smokin' Powerhouse Chili, WG Crackers, Pineapple, Milk S: Carrots & Hummus, Water
<b><u>17</u></b>	<b><u>18</u></b>	<b><u>19</u></b>	<b><u>20</u></b>	<b><u>21</u></b>
B: WG Cereal, Pineapple, Milk L: Macaroni & Cheese with Broccoli, Tropical Fruit, Milk S: Cucumber Slices & Cheese, Water	B: WG French Toast w/ Syrup, Bananas, Milk L: WG English Muffin Pizzas, Mandarin Oranges, Milk S: Strawberries, Milk	B: WG Apple Breadsticks, Milk L: Ham & Cheese Roll-Ups, Tossed Salad, Pears, Milk S: Fresh Tomato Salsa & WG Tortilla Chips, Water	B: WG Croissants, Fruit Preserves, Milk L: Mini Meatball Sliders with Marinara Sauce & Mozzarella Cheese, Pears, Milk S: Festive Flan with Father's & Milk	B: Oatmeal, Fresh Berries, Milk L: Chicken & Veggie Teriyaki Stir-Fry with Brown Rice, Mandarin Oranges, Milk S: Holiday Cookies and Milk
<b><u>24</u></b>	<b><u>25</u></b>	<b><u>26</u></b>	<b><u>27</u></b>	<b><u>28</u></b>
<b>No School</b> <b>Dec. 24<sup>th</sup> –</b> <b>Jan. 1<sup>st</sup></b>	 <i>Merry</i> <i>Christmas!</i>			
<b><u>31</u></b>				