

OCTOBER MENUS 2017

Trinity Learning Center Where Learning and Fun are

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WEEK 1</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>2 Honey Wheat English Muffin Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Corn on the Cob Fresh Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Ritz Crackers Water</p>	<p>3 Wheat Bread & Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef and WW Spaghetti Casserole D-03 Broccoli Sliced Peaches Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Saltine Crackers Water</p>	<p>4 Rice Krispy's Banana Milk (whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Meat Loaf-CN WG Brown Rice/Gravy Sweet Potato Tropical Fruit Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>5 Biscuits/Jam Fresh Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Glazed Chicken Breast-CN w/BBQ Sauce Pinto Beans Pears Wheat Roll Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Wheat Soft Pretzel Stick Water</p>	<p>6 Corn Kix Fresh Strawberries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>BBQ Pork Riblet-CN Green Beans Pineapple Low Mein Wheat Pasta Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Gold Fish Crackers Water</p>	<p>USDA Child nutrition programs are available to all children without regard to race, national origin, sex, age, or disability</p> <p>Water is served throughout the day as needed</p> <p>For One year olds substitutions for hard fresh fruits or veggies are as follows: cooked carrots applesauce and other soft fruits or veggies</p>
<p>WEEK 2</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>9 Bran Muffin Fresh Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Alfredo HMD54r WG Rotini Pasta Corn on the Cobb Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Wheat Soft Pretzel Stick Water</p>	<p>10 Whole Wheat Waffle Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Fish Star Nuggets-CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>11 Oat Cheerios Banana Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beefy WG Brown Rice Casserole HM-D07 Sweet Potato Tropical Fruit Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Saltine Crackers Water</p>	<p>12 Croissant/Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Mexicali Beef Taco Boat-HM Pinto Beans Pears Corn Chips/Salsa Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Thins Crackers Water</p>	<p>13 Frosted Mini Wheats Fresh Blue Berries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>BBQ Chicken Breast-CN Green Beans Pineapple Low Mein Wheat Pasta Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Strawberries Gold Fish Crackers Water</p>	<p>CN – Child Nutrition HM – Home Made If Fresh Fruit is out of season Frozen can be used instead.</p> <p>Cereals contain less than 6 grams of sugar per serving.</p> <p>No Fried Foods</p>
<p>WEEK 3</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>16 Honey Wheat English Muffin Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Slider-CN Enriched White Bun Corn on the Cob Apple Slices Milk(whole 12-23 mos) Milk (1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Thins Crackers Water</p>	<p>17 Wheat Bread & Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Broccoli Sliced Peaches Roll (whole wheat) Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Saltine Crackers Water</p>	<p>18 Rice Krispy's Banana Milk (whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef Meatballs-CN WG Brown Rice/Gravy Sweet Potato Tropical Fruit Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Cheddar Cheese Cubes Water</p>	<p>19 Biscuits/Jam Fresh Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Mexicali Chicken Taco Boat-HM Pinto Beans Pears Corn Chips/Salsa Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Wheat Soft Pretzel Stick Water</p>	<p>20 Corn Kix Fresh Strawberries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Sweet/Sassy Chicken-CN Green Beans Pineapple Low Mein Wheat Pasta Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Blueberries Gold Fish Crackers Water</p>	<p>UN-FLAVORED Milk servings: 12-23 months 1/2 cup (whole) 2-5 years 3/4 cup (1 %) 6-12 years 1 cup (1%)</p> <p>Grain servings: 1-2 years 1/2 ounce 3-5 years 1/2 ounce 6-12 years 1/2 ounce</p>
<p>WEEK 4</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>23 Bran Muffin Fresh Oranges Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Corn on the Cob Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Watermelon (Seedless) Wheat Soft Pretzel Stick Water</p>	<p>24 Whole Wheat Waffle Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Lil' Beef Smokies-CN Macaroni/Cheddar Cheese /Broccoli Sliced Peaches Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Apple Slices Mozzarella Cheese Water</p>	<p>25 Oat Cheerios Banana Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Roasted Chicken Leg WG Brown Rice/Gravy Sweet Potato Tropical Fruit Milk (whole-12-23 mos.) Milk(1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Saltine Crackers Water</p>	<p>26 Croissant/Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef/Bean Chili Con Carne HM-D25 Rainbow Bell Peppers Sliced Cucumbers Pears/ Corn Chips Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Thins Crackers Water</p>	<p>27 Frosted Mini Wheats Fresh Blue Berries Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Turkey Meatballs-CN In Teriyaki sauce Green Beans Pineapple Low Mein Wheat Pasta Milk (whole-12-23 mos.) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Strawberries Gold Fish Crackers Water</p>	<p>Meat servings: 1-2 years 1 ounce 3-5 years 1 1/2 ounce 6-12 years 2 ounce</p> <p>Fruit/Vegetable servings 1-2 years 1/8 ounce each 3-5 years 1/4 ounce each 6-12 years 1/2 ounce each</p>
<p>WEEK 5</p> <p>BREAKFAST 7:30-8:30</p> <p>*****</p> <p>LUNCH 10:30-12:30</p> <p>*****</p> <p>SNACK 2:00-3:00</p>	<p>30 Honey Wheat English Muffin Pineapple Rings Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Corn on the Cob Fresh Apple Slices Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Carrot Sticks/Ranch Dip Wheat Ritz Crackers Water</p>	<p>31 Wheat Bread & Butter Sliced Cantaloupe Milk(whole 12-23 mos) (1% two's and above)</p> <p>*****</p> <p>Beef and WW Spaghetti Casserole D-03 Broccoli Sliced Peaches Milk (whole-12-23 m) Milk (1% two and up)</p> <p>*****</p> <p>Fresh Banana Wheat Saltine Crackers Water</p>				<p>To review Recipe ingredients search Child Care Recipes, Food for Health & Fun USDA-FNS 304, 1999</p>

