

**October Preschool and All Aboard Breakfast Menu**  
**Serving ages 3-4**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b>  Turkey Sausage, Egg, Potato &amp; Cheese Taco (1 pkg, 1G, 1M)  Sweet Mixed Fruit (1/2 C)  1% Unflavored Milk (1 C)</p>	<p><b>5</b>  Savory Biscuit &amp; Gravy (1G)  Fresh Orange Slices (1 piece)  1% Unflavored Milk (1 C)</p>	<p><b>6</b>  Whole Grain Bagel (2 G)  Cream Cheese Juicy Pineapple Tidbits (½ Cup)  1% Unflavored Milk (1 C)</p>	<p><b>7</b>  Fluffy Belgian Waffle (1G, 1 pkg)  Banana (1 Each)  1% Unflavored Milk (1 C)</p>	<p><b>8</b>  Warm Cinnamon Oatmeal (1 G)  Diced Pears (½ C)  1% Unflavored Milk (1 C)</p>
<p><b>11</b>  Golden Banana Bread Slice (1G, 1 pkg)  Fresh Oranges (1 Each)  1% Unflavored Milk (1 C)</p>	<p><b>12</b>  Scrambled Eggs w/ Cheese &amp; Buttery Toast (2.5 M, 1G)  Juicy Mandarin Oranges (½ C)  1% Unflavored Milk (1 C)</p>	<p><b>13</b>  French Toast Sticks (1 M, 1.5G)  Banana (1 Each)  1% Unflavored Milk (1 C)</p>	<p><b>14</b>  Fluffy Pancakes (1 G)  Syrup  Mixed Tropical Fruit (½ C)  1% Unflavored Milk (1 C)</p>	<p><b>15</b>  Mini Strawberry Cream Cheese Bagels (1G, 1 Pkgs)  Fresh Apple (1 each)  1% Unflavored Milk (1 C)</p>
<p><b>18</b>  Fall Break - Breakfast snack  Apple Cinnamon Muffin (1G, 1 pkg)  1% Unflavored Milk (1 C)</p>	<p><b>19</b>  Fall Break - Breakfast snack  Frosted Mini Wheats (1g, 1pkg)  1% Unflavored Milk (1 C)</p>	<p><b>20</b>  Fall Break - Breakfast snack  WG Banana Bread Slice (1G, 1pkg)  1% Unflavored Milk (1 C)</p>	<p><b>21</b>  Fall Break - Breakfast snack  Blueberry Nutrigrain Bar (1g, 1pkg)  1% Unflavored Milk (1 C)</p>	<p><b>22</b>  Fall Break - Breakfast snack  Cinnamon Chex (1G, 1pkg)  1% Unflavored Milk (1 C)</p>
<p><b>25</b>  Egg, Cheese &amp; Turkey Sausage Breakfast Burrito (1M, 1G, ½ C fruit)  Juicy Mandarin Oranges (½ C)  1% Unflavored Milk (1 C)</p>	<p><b>26</b>  Banana Muffin (1G ,1 pkd)  Sweet Diced Peaches (½ C)  1% Unflavored Milk (1 C)</p>	<p><b>27</b>  Turkey Sausage Breakfast Pizza (1M, 1.75G, 1pkg)  Orange Slices (1 Each)  1% Unflavored Milk (1 C)  Maple Syrup Cup</p>	<p><b>28</b>  Cinnamon Toast Crunch Cereal (1G, 1pkg)  Unsweetened Applesauce (1/2 C)  1% Unflavored Milk (1 C)</p>	<p><b>29</b>  Halloween Parfait w/ Graham Crackers (2G, 1pkg)  1% Unflavored Milk (1C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Breaded Popcorn Chicken (2M, 1G) Fresh Baby Carrots (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk (1 C)	<b>5</b> Ground Beef Soft Flour Tacos (2.5M, 2G) Steamed Corn (¼ C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)	<b>6</b> Delicious Cheese Pizza (2.25M, 1.5 G) Sliced Carrots (1/4 C) Fresh Banana (1 Each) 1% Unflavored Milk (1 C)	<b>7</b> Turkey Hot Dog (2M, 2G) Crispy Straight Cut Fries (1/4 C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)	<b>8</b> Chicken Noodle Soup (2M, 1G) Fresh Strawberries (1/4 C) 1% Unflavored Milk (1 C)
<b>11</b> Sun Butter and Jelly w/ Stringed Cheese (2M, 2G) Fresh-Cut Cucumber Slices (1/4 C) Sweet Mixed Fruit (1/4 C) 1% Unflavored Milk (1 C)	<b>12</b> Grilled CheeseBurger (2M, 2G) Seasoned Potato Wedges 10-Cut (¼ C) Fresh Orange Slices (1/4 C) 1% Unflavored Milk (1 C)	<b>13</b> Chicken Nuggets (2M, 1G) Steamed Broccoli Florets (¼ C) Juicy Mandarin Oranges (¼ C) 1% Unflavored Milk (1 C)	<b>14</b> Oven Baked Vegetable Lasagna (2.75M, 1G) Fresh Baby Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	<b>15</b> Ham & Cheese Sandwich (2M, 2G) Fresh Broccoli Florets (¼ C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)
<b>18</b> Fall Break - Please pack student lunch	<b>19</b> Fall Break - Please pack student lunch	<b>20</b> Fall Break - Please pack student lunch	<b>21</b> Fall Break - Please pack student lunch	<b>22</b> Fall Break - Please pack student lunch
<b>25</b> Cheesy Stuffed Breadsticks (2M, 2G) Steamed Corn (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)	<b>26</b> Turkey & Cheese Wrap (2M, 2G) Fresh Celery Sticks (¼ C) Fresh Orange Slices (¼ C) 1% Unflavored Milk (1C)	<b>27</b> Golden Chicken Corn Dog (2M, 2G) Vegetarian Baked Beans (¼ C) Diced Pears (½ C) 1% Unflavored Milk (1 C)	<b>28</b> Classic Mac & Cheese (2M, 2G) Sliced Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	<b>29</b> Breaded Chicken Tenders (2M, 1G) Green Beans (¼ C) Juicy Mandarin Oranges (1/4 C) 1% Unflavored Milk (1C)

- Alternate food choice: Sunbutter and jelly