

October Tots Breakfast Menu
Serving ages 1-2

Monday	Tuesday	Wednesday	Thursday	Friday
4 Turkey Sausage, Egg, Potato & Cheese Taco (1 pkg, 1G, 1M) Sweet Mixed Fruit (1/4 C) 1% Unflavored Milk (1 C)	5 Savory Biscuit & Gravy (1G) Unsweetened Applesauce (1/4 c) 1% Unflavored Milk (1 C)	6 Whole Grain Bagel (2 G) Cream Cheese Juicy Pineapple Tidbits (1/2 Cup) 1% Unflavored Milk (1 C)	7 Fluffy Belgian Waffle (1G, 1 pkg) Banana (1 Each) 1% Unflavored Milk (1 C)	8 Warm Cinnamon Oatmeal (1 G) Diced Pears (1/2 C) 1% Unflavored Milk (1 C)
11 Golden Banana Bread Slice (1G, 1 pkg) Juicy Pineapple Tidbits (1/4 C) 1% Unflavored Milk (1 C)	12 Scrambled Eggs w/ Cheese & Buttery Toast (2.5 M, 1G) Juicy Mandarin Oranges (1/4 C) 1% Unflavored Milk (1 C)	13 French Toast Sticks (1 M, 1.5G) Banana (1 Each) 1% Unflavored Milk (1 C)	14 Fluffy Pancakes (1 G) Syrup Mixed Tropical Fruit (1/2 C) 1% Unflavored Milk (1 C)	15 Mini Strawberry Cream Cheese Bagels (1G, 1 Pkgs) Unsweetened Applesauce (1/4 C) 1% Unflavored Milk (1 C)
18 Fall Break - No Child Care	19 Fall Break - No Child Care	20 Fall Break - No Child Care	21 Fall Break - No Child Care	22 Fall Break - No Child Care
25 Egg, Cheese & Turkey Sausage Breakfast Burrito (1M, 1G, 1/2 C fruit) Juicy Mandarin Oranges (1/2 C) 1% Unflavored Milk (1 C)	26 Banana Muffin (1G, 1 pkd) Sweet Diced Peaches (1/4 C) 1% Unflavored Milk (1 C)	27 Turkey Sausage Breakfast Pizza (1M, 1.75G, 1pkg) Juicy Pineapple Tidbits (1/4 C) 1% Unflavored Milk (1 C) Maple Syrup Cup	28 Cinnamon Toast Crunch Cereal (1G, 1pkg) Unsweetened Applesauce (1/2 C) 1% Unflavored Milk (1 C)	29 Halloween Parfait w/ Graham Crackers (2G, 1pkg) 1% Unflavored Milk (1C)

- All food is cut into 1/4" pieces

October Tots Lunch Menu
Serving Ages 1-2

Monday	Tuesday	Wednesday	Thursday	Friday
4 Breaded Popcorn Chicken (2M, 1G) Green Peas (¼ C) Juicy Pineapple Tidbits (¼ C) 1% Unflavored Milk (1 C)	5 Ground Beef Soft Flour Tacos (2.5M, 2G) Steamed Corn (¼ C) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk (1 C)	6 Delicious Cheese Pizza (2.25M, 1.5 G) Sliced Carrots (¼ C) Fresh Banana (1 Each) 1% Unflavored Milk (1 C)	7 Turkey Hot Dog (2M, 2G) Crispy Straight Cut Fries (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)	8 Chicken Noodle Soup (2M, 1G) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk (1 C)
11 Sun Butter and Jelly (1M, 2G) Steamed Corn (¼ C) Sweet Mixed Fruit (¼ C) 1% Unflavored Milk (1 C)	12 Grilled CheeseBurger (2M, 2G) Seasoned Potato Wedges 10-Cut (¼ C) Juicy Pineapple Tidbits (¼ C) 1% Unflavored Milk (1 C)	13 Chicken Nuggets (2M, 1G) Steamed Broccoli Florets (¼ C) Juicy Mandarin Oranges (¼ C) 1% Unflavored Milk (1 C)	14 Oven Baked Vegetable Lasagna (2.75M, 1G) Green Beans (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	15 Ham & Cheese Sandwich (2M, 2G) Seasoned Green Peas (¼ C) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk (1 C)
18 Fall Break - No Child Care	19 Fall Break - No Child Care	20 Fall Break - No Child Care	21 Fall Break - No Child Care	22 Fall Break - No Child Care
25 Cheesy Stuffed Breadsticks (2M, 2G) Steamed Corn (¼ C) Diced Pears (¼ C) 1% Unflavored Milk (1 C)	26 Turkey & Cheese Wrap (2M, 2G) Green Peas (¼ C) Mixed Tropical Fruit (¼ C) 1% Unflavored Milk (1C)	27 Golden Chicken Corn Dog (2M, 2G) Vegetarian Baked Beans (¼ C) Diced Pears (½ C) 1% Unflavored Milk (1 C)	28 Classic Mac & Cheese (2M, 2G) Sliced Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	29 Breaded Chicken Tenders (2M, 1G) Green Beans (¼ C) Juicy Mandarin Oranges (¼ C) 1% Unflavored Milk (1C)

- Alternate food choice: Sunbutter and jelly
- All food is cut into 1/4" pieces