

# OCTOBER MENUS

Trinity Learning Center

Where Learning and Fun are One...

**SUN      MON      TUES      WED      THUR      FRI      SAT**

<p><b>WEEK 1</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p><b>1</b></p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Fresh Broccoli Fresh Orange Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p><b>2</b></p> <p>Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN Sweet Potatoes Tropical Fruit Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p><b>3</b></p> <p>Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti D-03 Whole Wheat Noodles Buttered Corn Niblets Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>	<p><b>4</b></p> <p>Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Taco D-24 A Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Soft Wheat Pretzel Water</p>	<p><b>5</b></p> <p>Corn Kix Cereal Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty CN Hash Brown Potato Pine Apple Tidbits Grits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Whole Wheat Pancake 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><b>WEEK 2</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p><b>8</b></p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Alfredo D-54r Whole Grain Pasta Fresh Broccoli Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Soft Wheat Pretzel Water</p>	<p><b>9</b></p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fish Star Nuggets -CN Sweet Potatoes Tropical Fruit Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p><b>10</b></p> <p>Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Tenderloin-CN Brown Rice /Gravy Buttered Corn Niblets Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Mozzarella Cheese Water</p>	<p><b>11</b></p> <p>Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Burrito D-30 Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p><b>12</b></p> <p>Frosted Mini Wheats Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Parmesan CN Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick 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 Rais</p>
<p><b>WEEK 3</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p><b>15</b></p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p><b>16</b></p> <p>Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Corn Dogs-CN Sweet Potatoes Tropical Fruit Whole Wheat Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p><b>17</b></p> <p>Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Meatballs-CN Mashed Potato/Gravy Buttered Corn Niblets Sliced Peaches Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Orange Slices Cheddar Cheese Cubes Water</p>	<p><b>18</b></p> <p>Biscuit/Jam Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Taco CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Soft Wheat Pretzel Water</p>	<p><b>19</b></p> <p>Corn Kix Cereal Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Turkey Sausage Patty CN Hash Brown Potato Pine Apple Tidbits Grits Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Whole Wheat Pancake 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><b>WEEK 4</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p><b>22</b></p> <p>Bran Muffin Mandarin Oranges Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Slider-CN Enriched White Bun Fresh Broccoli Fresh Apple Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Carrots/Ranch Dip Soft Wheat Pretzel Water</p>	<p><b>23</b></p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Roasted Chicken Leg Sweet Potatoes Tropical Fruit Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p><b>24</b></p> <p>Oat Cheerios Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>“Lil” Beef Smokies-CN Buttered Corn Niblets Sliced Peaches Macaroni/Cheese D-03 Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Mozzarella Cheese Water</p>	<p><b>25</b></p> <p>Croissant/Butter Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef/Cheese Burrito-CN Pinto Beans Sliced Pears Corn Chips Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Gold Fish Crackers Water</p>	<p><b>26</b></p> <p>Frosted Mini Wheats Apple Sauce Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Chicken Parmesan CN Green Beans Pineapple Tidbits Whole Wheat Bread Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Strawberries Wheat Waffle Stick 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><b>WEEK 5</b></p> <p><b>BREAKFAST</b> 7:30-8:30</p> <p>*****</p> <p><b>LUNCH</b> 10:30-12:30</p> <p>*****</p> <p><b>SNACK</b> 2:00-3:00</p>	<p><b>29</b></p> <p>Wheat English Muffin Pineapple Rings Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cheese Pizza-CN Whole Wheat Crust Fresh Broccoli Fresh Orange Slices Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Watermelon Wheat Crackers Water</p>	<p><b>30</b></p> <p>Raisin Bread Sliced Cantaloupe Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Glazed Chicken-CN Sweet Potatoes Tropical Fruit Wheat Dinner Roll Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Cucumber Slices/Ranch Dip Gold Fish Crackers Water</p>	<p><b>31</b></p> <p>Rice Krispies Fresh Banana Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Beef Spaghetti D-03 Whole Wheat Noodles Buttered Corn Niblets Sliced Peaches Milk (whole 12-23 mos.) (1% twos and above)</p> <p>*****</p> <p>Fresh Oranges Cheddar Cheese Cubes Water</p>			<p>To review Recipe ingredients search <a href="#">Child Care Recipes</a>, <a href="#">Food for Health &amp; Fun</a> USDA-FNS 304, 1999</p>