

Sunset Academy Monthly Menu: October

MEAL	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 2-6	<u>A.M. Snack:</u> Cottage Cheese Pineapple, Water <u>Lunch:</u> Grilled Cheese, Veggie Medley, Oranges, Milk <u>P.M. Snack:</u> Pretzels with Hummus, Water	<u>A.M. Snack:</u> Breakfast Fruit Bars, Milk <u>Lunch:</u> Turkey Tacos, Peaches, Corn, Milk <u>P.M. Snack:</u> Nilla Wafers, Milk	<u>A.M. Snack:</u> Mini Bagels, Cream Cheese, Water <u>Lunch:</u> Pulled Pork, Green Beans, Watermelon, Milk <u>P.M. Snack:</u> Apple Sauce, Graham Crackers, Water	<u>A.M. Snack:</u> Pancakes, Bananas, Milk <u>LUNCH:</u> Chicken Nuggets, Honey Dew, Carrots, Milk <u>P.M.</u> Cheese & Crackers, Water	<u>A.M. Snack:</u> Cereal, Milk <u>LUNCH:</u> Pizza, Salad, Pineapples, Milk <u>P.M.</u> Tostitos with Salsa, Water
WEEK 2 9-13	<u>A.M.</u> English Muffins with Jelly, Milk <u>LUNCH:</u> Turkey & Cheese Sandwich, Green Beans, Nectarines, Milk <u>P.M.</u> Goldfish, Water	<u>A.M. Snack:</u> Cinnamon Bread, Jelly, Milk <u>LUNCH:</u> Shepherd's Pie, Pears, Milk <u>P.M.</u> Carrots with Ranch	<u>A.M. Snack:</u> Oatmeal, Blueberries, Milk <u>LUNCH:</u> Mac & Cheese, Broccoli, Peaches, Milk <u>P.M. Snack:</u> Watermelon	<u>A.M.</u> Pancakes, Strawberries <u>LUNCH:</u> Sloppy Joes, Peas, Pears, Milk <u>P.M.</u> Sliced Apples	<u>A.M. Snack:</u> Cereal, Bananas <u>LUNCH:</u> Penne Pasta Bake, Nectarines, Snap Peas, Milk <u>P.M. Snack:</u> Pretzels with cheese Cubes
WEEK 3 16 - 20	<u>A.M.</u> Toast w/ Jelly <u>LUNCH:</u> Turkey & Hash Casserole, Mixed Veggies, Apples, Milk <u>P.M.</u> Oranges, Animal Crackers	<u>A.M.</u> French Toast Sticks, Milk <u>LUNCH:</u> Tuna Sandwich, Steamed Carrots, Chilled Fruit Variety, Milk <u>P.M.</u> Pretzels, Water <u>Teddies:</u> Apple Sauce	<u>A.M.</u> English Muffins, Milk <u>LUNCH:</u> Chicken Alfredo, Broccoli, Cantaloupe, Milk <u>P.M.</u> Animal Crackers, Water	<u>A.M.</u> Bagels w/ Cream Cheese, Water <u>LUNCH:</u> Bean & Cheese Burrito, Corn, Bananas, Milk <u>P.M.</u> Pin Wheels, Water	<u>A.M.</u> Breakfast Bars, Milk <u>LUNCH:</u> Meatballs Sub Sandwich, Cucumbers, Pineapples, Milk <u>P.M.</u> Cheese and Crackers, Water
WEEK 4 23 - 27	<u>A.M:</u> Multigrain Cheerios, Milk <u>LUNCH:</u> Chicken & Noodles, Steamed Broccoli, Strawberries, Milk <u>P.M.</u> Red Bell Pepper Sticks, w/ Hummus <u>Teddies:</u> Squeeze Gogurt	<u>A.M.</u> Yogurt Parfait, Water <u>LUNCH:</u> Alfredo Lasagna, Mixed Veggies, Peaches, Milk <u>P.M.</u> Gogurt, Graham Crackers	<u>A.M.</u> Oatmeal, Strawberries, Milk <u>LUNCH:</u> Sloppy Joes, Peas, Nectarines, Milk <u>P.M.</u> Cheese Quesadilla, Water	<u>A.M.</u> English Muffins w/ Jelly, Milk <u>LUNCH:</u> Turkey & Hash Casserole, Peas, Peaches, Milk <u>P.M.</u> Goldfish, Water	<u>A.M.</u> Multigrain Cheerios, Bananas, Milk <u>LUNCH:</u> Ham & Cheese Panini, Green Beans, Watermelon, Milk <u>P.M.</u> Pin Wheels, Water
WEEK 5	<u>A.M. Snack:</u> Waffles with Jelly, Milk <u>Lunch:</u> Cheese Pizza, Salad, Honey Dew, Milk <u>P.M. Snack:</u> Cucumbers with Ranch	<u>A.M. Snack:</u> Breakfast Bars, Milk <u>Lunch:</u> Turkey Soft Tacos with Lettuce, Tomatoes, Cheese & Sour Cream <u>P.M. Snack:</u> Cantaloupe			

MENU NOTES	Use only whole-grain, enriched or fortified breads, grains, and cereals	Follow CACFP meal pattern charts for serving sizes for each age group.	*Serve only fat-free or 1% milk to children ages 2 and over. Whole milk recommended for children 12-24 months.	Water should be made available to children to drink upon their request. Serve water with snacks when no other beverage is being served.
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