




St. Paul Early Learning Center October 2020

MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 1	FRIDAY 2
5 B-cereal/fruit/milk L-cheese pizza/corn/mandarin oranges S1-oatmeal cookies/milk S2-goldfish/water	6 B-cheese toast/milk L-red beans/ rice/cornbread/tropical fruit S1-hummus/pretzels/water S2-graham crackers/water	7 B-waffles/fruit/milk L-poppysseed chicken casserole/rolls/green beans/pineapple S1-cheese cubes/crackers/grape juice S2-vanilla wafers/water	8 B-muffins/craisins/milk L-meatloaf/creamed potatoes/field peas/diced pears S1-vanilla yogurt/granola/water S2-cheezits/water	9 B-biscuit/jelly/milk L-ham cheese wraps/black beans/diced peaches S1-snack mix/pineapple juice S2-CC cookies
12 B- cereal/fruit/milk L-chicken spag./sweet peas/carrots/mand. oranges S1-rice krispie treat/milk S2- goldfish/water	13 B- pancakes/milk L- roasted turkey/rolls/green beans/applesauce S1-string cheese/crackers/grape juice S2-Animal crackers/water	14 B-eggs/milk L- roast beef/cheese on wheat/sweet pot. fries/mix fruit S1-wow butter/crackers/water S2- graham crackers/water	15 B-muffins/banana/milk L-BBQ meatballs/baked beans/pineapple S1-yogurt cup/cereal/water S2- cheezits/water	16 B-cinn. Raisin toast/milk L-Hawaiian chicken/mix veggies/diced pears S1-Vanilla wafers/banana pudding/water S2- wg cereal/water
19 B- cereal/fruit/milk L-chicken wraps/black beans/mand. oranges S1-snack mix/pineapple juice S2-oatmeal cookies/water	20 B-biscuit/jelly/milk L-veggie soup/crackers/diced peaches S1-chese cubes/crackers/apple juice S2- vanilla wafers/water	21 B-waffles/fruit/milk L-mac-n-cheese/diced ham/sweet peas/carrots/pineapple S1-sherbert/pretzels/water S2- cheezits/water	22 B-muffins/craisins/milk L-baked ham/rolls/sweet pot. casserole/diced pears S1- vanilla yogurt/granola/water S2- graham crackers/water	23 B-grits/milk L-grilled cheese/pinto beans/applesauce S1-CC cookies/milk S2-goldfish/water
26 B- cereal/fruit/milk L-chicken alfredo/sweet peas/carrots/tropical fruit mix S1-rice krispie treat/milk S2- cheezits/water	27 B-ham/biscuit/milk L-turkey/cheese on wheat/mix veggies/applesauce S1-string cheese/crackers/grape juice S2-animal crackers/water	28 B-eggs/milk L- roast/gravy/creamed potatoes/rolls/mand. oranges S1-chocolate pudding/pretzels/water S2- graham crackers/water	29 B-muffins/banana/milk L-teriyaki chicken/field peas/diced peaches S1-yogurt cup/cereal/water S2- goldfish/water	30 B-cinn. Toast/milk L-cheese pizza/corn/diced pears S1-cheddar snack mix/apple juice S2- vanilla wafers/milk

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *Fresh Fruit served when Available