


St. Paul Early Learning Center October 2022

MONDAY 3 B-rice krispie cereal/bberries/milk L-chicken jambalaya/sweet peas diced carrots/mandarin oranges/milk S1-cheese cubes/crackers/gjuice S2-graham crackers/water	TUESDAY 4 B-waffles/strawberries/milk L-bbq meatballs/baked beans/rolls/diced peaches treats/water /milk S1-apple pie/milk S2-goldfish/water	WEDNESDAY 5 B-oatmeal/milk L-turkey/cheese on wheat/steamed broccoli/applesauce/milk S1-chips/salsa/water S2-rice krispie	THURSDAY 6 B-biscuits/milk L-mac-n-cheese/field peas/diced pears/milk S1-van yogurt/granola/water S2-animal crackers/water	FRIDAY 7 B-cinn raisin/toast L-pizza/corn/pineapple Milk S1-vanilla wafers/milk S2-cheezits/water
10 B-cornflakes/raisins/milk L-baked chicken/rolls/green beans/mandarin oranges/milk S1-string cheese/crackers/ajuce S2-oatmeal cookies/water	11 PUMPKIN PATCH FIELD TRIP	12 B-pancakes/s/b/milk L-ham/cheese on wheat/pinto beans/fruit cocktail/milk S1-smores snack mix/water S2-animal crackers/water	13 B-muffins/banana/milk L-roast/gravy/creamed potatoes/diced peaches/milk S1-s/b ban /cereal/water S2-graham crackers/water	14 B-biscuits/jelly/milk L-chicken wraps/black beans/pineapple/milk S1-hummus/pretzels/water S2-vanilla wafers/water
17 B-rice krispie cereal/bberries/milk L-chicken spaghetti/sweet peas/diced pears/milk S1-fig bars/milk S2-goldfish/water	18 B-eggs/milk L-turkey/cheese/on wheat/steamed broccoli/applesauce/milk S1-snack mix/pineapple juice S2-animal crackers/water	19 B-pancakes/craisins/milk L-red beans/rice/cornbread Mandarin oranges/milk S1-cheese cubes/crackers/water S2-rice krispie treats/water	20 B-grits/milk L-beef sliders/corn/tropical fruit/milk S1-van yogurt/granola/water S2-cheezits/water	21 B-cinn raisin toast/milk L-bbq chicken/baked beans/pineapple/milk S1-chips/salsa/water S2-graham crackers/water
24 B-cornflakes/raisins/milk L-chicken fried rice/mix veggies/diced peaches/milk S1-rice krispie treats/milk S2-goldfish/water	25 B-cheese toast/craisins/milk L-baked ham/rolls/sweet potato casserole/fruit cocktail/milk S1-string cheese/crackers/gjuice S2-vanilla wafers/water	26 B-oatmeal/milk L-roast beef/cheese on wheat/tator tots/applesauce/milk S1-snack mix/water S2-animal crackers/water	27 B-muffins/banana/milk L-chicken dumplings/sweet peas carrots/mandarin oranges/milk S1-s/b yogurt/cereal/water S2-pretzel goldfish/water	28 B-ham biscuit/milk L-grilled cheese/pinto beans/pineapple/milk S1-oatmeal cookies/milk S2-
31 B-rice krispie cereal/b/berries/milk L-pizza/corn/diced peaches/milk S1-FALL PARTY SNACK S2- use leftover snacks in room				

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