

# St. Paul Early Learning Center October 2023

<p><b>Monday</b> 2</p> <p>B-rice Krispie cereal/blueberries/milk L-meatloaf/creamed potatoes/lima beans/mix fruit/milk S1-string cheese/ritz/grape juice S2-vanilla wafers/applesauce/water</p>	<p><b>TUESDAY</b> 3</p> <p>B-eggs/toast/milk L-chicken spaghetti/sweet peas diced carrots/mandarin oranges/milk S1-snack mix*/water S2-animal crackers*/craisins/water</p>	<p><b>WEDNESDAY</b> 4</p> <p>B-WG waffles/strawberries/milk L-turkey/cheese on wheat/great northern beans/applesauce/milk S1-nutrigrain bar/milk S2-graham crackers/wow butter/water</p>	<p><b>THURSDAY</b> 5</p> <p>B-grits/toast/milk L-beef taco soup with b/beans/corn/cheese crackers/pineapple/milk S1-vanilla yogurt/cheerios/water S2-cheezits*/raisins/water</p>	<p><b>FRIDAY</b> 6</p> <p>B-cheese biscuits/milk L-chicken tenders/tator tots/diced peaches/milk S1-fig bar/milk S2-goldfish/choc. Pudding cups/water</p>
<p><b>9</b></p> <p>B-cornflakes*/raisins/milk L-teriyaki chicken/brown rice/field peas/diced pears/milk S1-cheese cubes/saltine crackers/apple juice S2-graham crackers/wow butter/water</p>	<p><b>10</b></p> <p>B-WG cinnamon toast /raisins/milk L-WG cheese pizza/corn/diced peaches/milk S1-rice Krispie treats*/milk S2-cheezits*/craisins/water</p>	<p><b>11</b></p> <p>B-pancakes/strawberries/milk L-turkey roast/creamed potatoes/mix veggies/mandarin oranges/milk S1-chips*,salsa/water S2-animal crackers/applesauce/water</p>	<p><b>12</b></p> <p>B-blueberry muffins/banana/milk L-baked ham/rolls/baked sweet potato/pineapple/milk S1-strawberry/banana yogurt/cheerios/water S2-goldfish/pineapple juice</p>	<p><b>13</b></p> <p>B-ham biscuit/milk L-roast beef/cheese/on wheat green beans/applesauce/milk S1-smores snack mix/milk S2-nutrigrain bar/string cheese/water</p>
<p><b>16</b></p> <p>B-cheerios/nutrigrain bar/milk L-red beans/brown rice/cornbread/tropical fruit/milk S1-string cheese/ritz/grape juice S2-vanilla wafers/applesauce/water</p>	<p><b>17</b></p> <p>B-cinnamon oatmeal/milk L-baked chicken/rolls/lima beans/milk S1-oatmeal cookies/milk S2-goldfish/apple juice</p>	<p><b>18</b></p> <p>B-eggs/toast/milk L-turkey/cheese wraps/black beans/pineapple/milk S1-smores snack mix/milk S2-cheezits*/craisins/water</p>	<p><b>19</b></p> <p>B-waffles/strawberries/milk L-mac-n-cheese with diced ham/sweet peas diced carrots mandarin oranges/milk S1-vanilla yogurt/cheerios/water S2-animal crackers/choc. Pudding cup/water</p>	<p><b>20</b></p> <p>B-biscuits with Canadian ham/milk L-grilled cheese/pinto beans/applesauce/milk S1-hummus/pretzels/pineapple juice S2-graham crackers/wow butter/water</p>
<p><b>23</b></p> <p>B-rice Krispie cereal/blueberries/milk L-bbq chicken/baked beans/diced pears/milk S1-cheese cubes/saltine crackers/apple juice S2-fig bars/raisins/water</p>	<p><b>24</b></p> <p>B-grits/toast/milk L-WG cheese pizza/corn/mix fruit/milk S1-rice Krispie treats*/milk S2-goldfish/applesauce/water</p>	<p><b>25</b></p> <p>PUMPKIN PATCH FIELD TRIP</p>	<p><b>26</b></p> <p>B-muffins/banana/milk L-ham/cheese on wheat/tator tots/mandarin oranges/milk S1-strawberry yogurt/cheerios/milk S2-graham crackers/craisins/water</p>	<p><b>27</b></p> <p>B-pancakes/strawberries/milk L-chicken jambalaya/mix veggies/pineapple/milk S1-oatmeal cookies/milk S2-cheezits/string cheese/water</p>
<p><b>30</b></p> <p>B-cornflakes*/raisins/milk L-chicken noodle soup/crackers/diced peaches/milk S1-snack mix/pineapple juice S2-graham crackers/applesauce/water</p>	<p><b>31</b></p> <p>B-eggs/canadian ham/milk L-wow butter/ honey on wheat Lima beans/tropical fruit/milk S1-string cheese/ritz crackers/grape juice S2-animal crackers/craisins/water</p>			

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