

A.M. Snack Menu

October 2018

St. Luke Early Childhood Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle C Week 1	1 Cheerios Bananas	2 Chex Mix (Sweet) Carrots	3 Yogurt Strawberries	4 Rice Cakes Fruit Juice	5 English Muffin Peaches	6
7 Cycle C Week 2	8 Rice Cakes Banana	9 Toast Applesauce	10 Corn Muffins Milk	11 Goldfish Orange Juice	12 Rice cake Tangerines	13
14 Cycle C Week 3	15 Rice Cakes Banana	16 Yogurt Strawberries	17 Toast Bananas	18 Corn Muffins Milk	19 Goldfish Peaches	20
21 Cycle C Week 4	22 Rice Cakes Milk	23 Goldfish Banana	24 Toast Apple Juice	25 Bagel Peaches	26 English Muffin Milk	27
28 Cycle C Week 5	29 Toast Apple Juice	30 Rice cake Tangerines	31 Yogurt Strawberries			

Breakfast Menu

Cycle C

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle C Week 1	1 French Toast Strawberries Milk	2 Biscuits Peaches Milk	3 Waffles Pears Milk	4 Pancakes Peaches Milk	5 Cheerios Bananas Milk	6
7 Cycle C Week 2	8 French Toast Strawberries Milk	9 French Toast Pineapples Milk	10 Muffin Pears Milk	11 Waffles Pineapples Milk	12 Cheerios Bananas Milk	13
14 Cycle C Week 3	15 Pancakes Strawberries Milk	16 Biscuits Pineapples Milk	17 French Toast Peaches Milk	18 Waffles Pineapples Milk	19 Biscuits Peaches Milk	20
21 Cycle C Week 4	22 Sausage Biscuit Apple sauce Milk	23 French Toast Oranges Milk	24 Muffin 100% Apple Juice Milk	25 French Toast Banana Milk	26 Cheerios Bananas Milk	27
28 Cycle C Week 5	29 Waffles Pineapples Milk	30 Biscuits Pineapples Milk	31 Cheerios Bananas Milk			

Lunch Menu

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle C Week 1	¹ Cheese Toast Tangerines Cucumbers Milk	² Spaghetti and Meatballs Corn Fruit Cocktail Milk	³ Pizza Salad Peaches Milk	⁴ Grilled Chicken Rolls Mashed Potatoes Apple Sauce Milk	⁵ Ham Sandwich Salad Apples Milk	⁶
Cycle C Week 2 ⁷	⁸ Ground beef with peas and carrots Rolls Peaches Milk	⁹ Cheese Hamburgers Tater Tots Peaches Milk	¹⁰ Pizza Carrots Fruit Mix Milk	¹¹ Veggies Soup (noodles) Grilled Chicken Oranges Milk	¹² Macaroni and Cheese Mashed Potatoes Mixed Fruit Milk	¹³
Cycle C Week 3 ¹⁴	¹⁵ Spaghetti Green Beans Fruit Cocktail Milk	¹⁶ Grilled Chicken w/ Mashed Potatoes Rolls Strawberries Milk	¹⁷ Pizza Salad Oranges Milk	¹⁸ Ham Sandwich on Bun French Fries Sliced Peaches Milk	¹⁹ Cheese Toast Cucumbers Peaches Milk	²⁰
Cycle C Week 4 ²¹	²² Spaghetti and Meatballs Broccoli Mixed Fruit Milk	²³ Ham Sandwich Tater Tots Oranges Milk	²⁴ Pizza Carrots Fruit Cocktail Milk	²⁵ Cheese Quesadilla Mashed Potatoes Mandarin Oranges Milk	²⁶ Cheese Hamburgers French Fries Peaches Milk	²⁷
Cycle C Week 5 ²⁸	²⁹ Cheese Toast Tangerines Cucumbers Milk	³⁰ Veggies Soup (noodles) Grilled Chicken Oranges Milk	³¹ Macaroni and Cheese Mashed Potatoes Mixed Fruit			

P.M. Snack Menu

October 2018

St. Luke Early Childhood Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle C Week 1	11 Corn Muffin Milk	212 Honey Dew Banana	3 Goldfish Milk	4 Applesauce Milk	5 Yogurt Strawberries	66
7 Cycle C Week 2	8 Rice Cakes Pineapple	9 Corn Muffin Apple Sauce	10 Soft Pretzels Yogurt	11 English Muffins Pear	12 Goldfish Yogurt	13
14 Cycle C Week 3	15 Goldfish Yogurt	16 Cheerios Pineapples	17 Toast Banana	18 Yogurt Pineapple	19 Corn Muffin 100 % Juice	20
21 Cycle C Week 4	22 Carrots 100% Juice	23 Toast Bananas	24 Carrots Rice Cake	25 Oranges Toast	26 Goldfish Fruit Juice	27
28 Cycle C Week 5	29 Applesauce Milk	30 Goldfish Yogurt	31 Toast Banana			