

# October 2018

## First Congregational Learning Center Menu

Infant Room: All food is served per DCFS guidelines and is cooked then mashed, grated or pureed.

Children under 2 are served whole milk.

Children 2 and older are served 1% milk..

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack: Cottage Cheese & Peaches Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Fruit bread & Milk Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk Lunch: Hamburger on a bun Cucumbers & Carrots Oranges Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Pears Milk Snack: Trail Mix	Snack: Bagel w/cream cheese Lunch: Cheesy Chicken Quesadilla Corn Grapes Milk Snack: Goldfish & Applesauce
Snack: Goldfish & Applesauce Lunch: Grilled Cheese on Wheat Peas Grapes Milk Snack: Trail Mix	Snack: Fruit bread & Milk Lunch: Chicken Parmesan Buttered Noodles Green Beans Pineapple Milk Snack: Pretzel sticks & yogurt	Snack: Nutrigrain bar & Milk Lunch: BBQ Turkey cups Cucumbers Peaches Milk Snack: Cinnamon Chips & Papaya Salsa	Snack: Graham crackers, fruit & Milk Lunch: Fish Sticks Broccoli Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit Lunch: Taco Salad: Turkey taco meat Lettuce, tomato, cheese Tortilla chips or flour tortilla Oranges Milk Snack: Veggie straws
Snack: Nutrigrain bar & Milk Lunch: Pancakes Sausage Green Beans Applesauce Milk Snack: Goldfish	Snack: Fruit bread & Milk Lunch: Meatballs Mashed Potatoes Peas Peaches Snack: Breadsticks w/marinara	Snack: Oatmeal, apples & Milk Lunch: Cheese pizza Vegetable blend Oranges Milk Snack: Pretzels w/cream cheese	Snack: Graham crackers, fruit & Milk Lunch: Macaroni & Cheese Broccoli Grapes Milk Snack: Trail mix	Snack: Bagel w, cream cheese Lunch: Turkey & cheese on wheat bread Cucumbers & Carrots Apples Milk Snack: Veggie straws & fruit
Snack: Nutrigrain bar & Milk Lunch: Fish sticks Carrots Grapes Milk Snack: Goldfish & Applesauce	Snack: Cinnamon bread w/cream cheese & Milk Lunch: Spaghetti Garlic Bread Peas Oranges Milk Snack: Jello & Graham crackers	Snack: Biscuit w/apple butter & Milk Lunch: Spinach Eggs Cups Apples Milk Snack: Veggie straws & fruit	Snack: Graham crackers, fruit & Milk Lunch: Chicken Nuggets Broccoli Pears Milk Snack: String cheese & crackers	Snack: Yogurt & Fruit Lunch: Stromboli Cucumbers Oranges Milk Snack: Pizza Dip
Snack: Cottage Cheese & Peaches Lunch: Pancakes Sausage Green Beans Pears Milk Snack: String cheese & crackers	Snack: Fruit bread & Milk Lunch: Turkey/cheese nachos/soft taco Corn Apples Milk Snack: Soft pretzels w/queso	Snack: English Muffin w/jelly & Milk Lunch: Hamburger on a bun Cucumbers & Carrots Oranges Milk Snack: Veggie straws & fruit		