



Holy Family Early Childhood

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 5	6	7	8	9
AM-Cereal.Milk PM-Goldfish Crackers.Juice Chicken Patty Sandwich SIDES: Green Beans Orange Wedges Milk: Whole <3 yr Skim >3yr	AM-Teddy Grahams.Milk PM-Cheese Stick.Juice Mini Corn Dogs SIDES: French Fries Cinnamon Apples Milk: Whole <3 yr Skim >3yr	AM-Dried Fruit Cereal Mix.Milk PM-Yogurt.Animal Cracker.Water Walking Taco SIDES: Seasoned Corn Fresh Apple Lettuce.Tomato Milk: Whole <3 yr Skim >3yr	AM-Fruit bowl.Milk PM-Pretzel.cheese.Water Chicken Nuggets SIDES: California Blend Veggies Fruit Cup Milk: Whole <3 yr Skim >3yr	AM-Graham Cracker.Juice PM-Fruit.Milk Tony's Cheese Sticks with Marinara SIDES: Steamed Broccoli Orange Wedges Milk: Whole <3 yr Skim >3yr
National School Lunch Week Oct. 12-16, 2020				
12	13	14	15	16
AM-Gogurt.dry fruit.water PM-Sunchips.Juice French Toast. Sausage SIDES: Triangle Potato Fruit Cup 1/2 Dinner roll Milk: Whole <3 yr Skim >3yr	AM-Bug Bites.Milk PM-HardBoil Egg.Milk Ham.Turkey Croissant SIDES: Curly Fries Diced Pears Milk: Whole <3 yr Skim >3yr	AM-Seasoned Oyster Crackers.cheese.water PM-Cereal.Milk Pizza SIDES: Carrot Coins Fresh Grapes Milk: Whole <3 yr Skim >3yr	AM-Jelly Bread.Milk PM-Elf Grahams.Juice Mr Rib SIDES: Baked Beans Apple Wedges Milk: Whole <3 yr Skim >3yr	AM-Muffin.Milk AM-Cheese Stick.Juice Jumbo Corndog SIDES: Sweet Potato Fry Sliced Pears Milk: Whole <3 yr Skim >3yr
19	20	21	22	23
AM-Fruit Bowl.Milk PM-Homemade Trail Mix.Juice Popcorn Chicken SIDES: Green Beans Pineapple Tidbits Milk: Whole <3 yr Skim >3yr	AM-Milk.Scooby Snacks PM-Goldfish Crackers.Juice Roundabout Pizza SIDES: Carrot Coins Fresh Apple Wedges Milk: Whole <3 yr Skim >3yr	AM-Fresh Fruit.Milk PM-Deli Turkey.Crackers.Water Hamburger on WG Bun SIDES: Island Vegetables Fresh Pears Milk: Whole <3 yr Skim >3yr	AM-Fresh Fruit.Teddy Grahams.Water PM-Yogurt.Animal Cracker.Water Hot Ham and Cheese on WG Bun SIDES: Potato Smiles Sliced Peaches Milk: Whole <3 yr Skim >3yr	AM-Seasoned Oyster Crackers.Juice PM-Cereal.Milk Mandarin Orange Chicken SIDES: Brown Rice Broccoli Mixed Fruit Milk: Whole <3 yr Skim >3yr
26	27	28	29	30
AM-Gogurt.Juice PM-Strawbrry Chex.Juice Bosco Stick with Marinara SIDES: Potato Wedges Cinnamon Apples Milk: Whole <3 yr Skim >3yr	AM-Apple Slices. Pretzel. Water PM-CheeseIt.Milk Hot Dog on WG Bun SIDES: Baked Beans Fruit Cup Milk: Whole <3 yr Skim >3yr	AM-Peach Cups.Milk PM-Sunchips.juice Pizza Crunchers SIDES: Cucumber Slices Fresh Oranges Milk: Whole <3 yr Skim >3yr	AM-1/2 banana.Milk PM-Fresh Fruit.yogurt.water Tater Tot Casserole SIDES: Mandarin Oranges Dinner Roll Milk: Whole <3 yr Skim >3yr	AM-Graham Cracker.Milk PM-Cereal.Milk Macaroni and Cheese with Ham SIDES: Tuscan Vegetables Applesauce Milk: Whole <3 yr Skim >3yr