




EARLY CHILDHOOD MENU 2023



	Monday 2	Tuesday 3	Wednesday 4 - National Taco Day	Thursday 5	Friday 6 - HG & SJW ONLY
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Yogurt, WG Granola or WG Cheerios & Water	Cheese Cubes, Saltines, Water	WG Banana Muffin & Milk	Cucumber slices, Club Crackers, Water	Oyster Crackers & 100% Apple Juice
Lunch	WG Chicken Nuggets SIDES: Mashed Potatoes with Gravy Cinnamon Apple Slices Ketchup Milk	Cheeseburger on WG Bun SIDES: Tossed Salad Sliced Pears Ketchup & Ranch Milk	Beef Nacho Supreme with Cheese SIDES: Steamed Cauliflower Shredded Lettuce Apricots Milk 	WG Macaroni & Cheese with Ham WG Breadstick SIDES: Carrot Coins 1/2 Banana Milk	Cheese Bites & Marinara Sauce SIDES: Black Beans Applesauce Milk
PM	Sliced Cheese, Bug Bites, & Water	Homemade Pumpkin Bread & 100% Apple Juice	Hard Boiled Egg, Pretzels & Water	WG Graham Crackers & Milk	WG Chex Mix, Raisins & Water
NATIONAL SCHOOL LUNCH WEEK					
	9	10	11 - Great Apple Crunch!	12	13
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	WG Tiger Grahams & Milk	Cheese, Pretzels & Water	WG Dick & Jane Crackers, Banana, Water	Homemade Banana Bread & 100% Fruit Punch	Ham, Club Cracker & Water
Lunch	Mandarin Orange Chicken Brown Rice SIDES: Stir Fry Vegetables Pineapple Tidbits Milk 	Sloppy Joe on WG Bun SIDES: Crinkle Cut Fries Applesauce Ketchup Milk	Hot Dog on WG Bun SIDES: Baked Beans Fresh Apple Wedges Ketchup Milk 	Sliced Ham & WG Dinner Roll SIDES: Steamed Green Beans Sliced Peaches Milk	Cheese Pizza SIDES: Fresh Broccoli Honeydew Ranch Milk
PM	Mixed Fruit, WG Scooby Bones, Water	Jelly on WG Bread & 100% Fruit Punch	WG Blueberry Muffin & Milk	Cheese Stick, Goldfish, Water	Tortilla with Sunbutter, Water
	16	17	18	19	20
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	WG Bagel & 100% Apple Juice	WG Breadstick, Sliced Cheese, Water	Ham Tortilla Rollup & Water	WG Giant Goldfish, Peach Cup, Water	Kix Cereal & Milk
Lunch	WG Chicken Strips SIDES: Sweet Potato Fries Dried Cherries Ketchup Milk	Soft Shell Beef Taco on WG 8" Tortilla SIDES: Refried Beans Shredded Lettuce Sliced Pears Milk	BBQ Pulled Pork Sandwich on WG Bun SIDES: Potato Smiles Applesauce Milk	Chicken Alfredo over WG Pasta SIDES: Steamed Green Beans Fresh Pear Wedges Milk	WG Pizza Crunchers SIDES: Island Vegetables Sliced Peaches Milk
PM	WG Red. Sugar Cin. Toast Crunch & Milk	Gogurt, WG Bug Bites, & Water	WG Cheez Its & 100% Apple Juice	Cinnamon Bread & Cheese Stick, Water	Diced Pears, WG Elf Grahams & Water
	23	24	25	26 - HG & SJW ONLY	27 - HG & SJW ONLY
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Sliced Cheese, Saltines, & Water	Hard Boiled Egg, Pretzels & Water	Homemade Pumpkin Bread & 100% Fruit Punch	WG Chex Mix, Raisins & Water	WG Graham Crackers & Milk
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Pineapple Tidbits Ketchup Milk 	Chicken Patty Sandwich on WG Bun SIDES: Baby Carrots Applesauce Ranch & Ketchup Milk	WG Bosco Sticks with Marinara SIDES: Roasted Squash Kiwi Milk	Chicken and Gravy SIDES: Mashed Potatoes Mandarin Oranges Dinner Roll Milk	Deli Sandwich SIDES: Black Beans Diced Pears Milk
PM	Turkey on WG Bread & Water	Cucumber slices, Club Crackers, Water	WG Sunchips & Milk	Yogurt, WG Granola or WG Cheerios & Water	Oyster Crackers & 100% Fruit Punch
	30	31 - HALLOWEEN	November 1	2	3
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG Mini Waffles Diced Pears & Milk	WG Mini Pancakes Sliced Peaches & Milk	WG Mini French Toast Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Mixed Fruit, WG Scooby Bones, Water	Jelly on WG Bread & 100% Fruit Punch	Cheese Stick, Goldfish, Water	WG Blueberry Muffin & Milk	Rice Cakes & Sun Butter & Water
Lunch	WG Mini Corn Dogs SIDES: Sweet Potato Fries Cinnamon Apple Slices Ketchup Milk	Walking Zombie Taco SIDES: Creepy Corn Shredded Lettuce Ghost Bananas Milk 	WG Popcorn Chicken SIDES: Seasoned Curly Fries Sliced Pears Ketchup Milk	Diced BBQ Chicken Slider on WG Dinner Roll SIDES: Baked Beans Blueberries Milk	WG Tony's Cheesesticks & Marinara SIDES: Steamed Broccoli Applesauce Milk
PM	WG Tiger Grahams & Milk	Hummus, WG Tortilla Chips, Water	WG Dick & Jane Crackers, Banana, Water	Cheese, Pretzels & Water	Homemade Banana Bread & 100% Fruit Punch

*Menu subject to change without notice

*WG = Whole Grain Rich Items

Milk = Whole for 2 and under, Skim for 2+ year olds