

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# October

MENU



Breakfast and lunch are served with milk. Snacks are served with 100% fruit juice or water. **Menu items are subject to change.**

**promiseland**  
Child Development Center

**Breakfast:** French toast, fresh blueberries  
**Lunch:** Salsberry steak, mashed potatoes, gravy, pears  
**PM Snack:** Goldfish

2

**Breakfast:** Cereal, bananas  
**Lunch:** Chicken stir-fry, rice, mandarin oranges  
**PM Snack:** Vanilla wafers

3

**Breakfast:** Ham and cheese scrambler, cantaloupe  
**Lunch:** Chicken nuggets with ketchup, green beans, honeydew  
**PM Snack:** Graham crackers

4

**Breakfast:** Mini pancakes, applesauce  
**Lunch:** Steak fingers, mashed potatoes, peaches  
**PM Snack:** Ritz crackers

5

**Breakfast:** Ham and cheese scrambler  
**Lunch:** Whole grain sausage pizza, corn, mandarin oranges  
**PM Snack:** Granola bars

6

**Breakfast:** Cereal, bananas  
**Lunch:** Swedish meatballs, peas, pineapple  
**PM Snack:** Ritz crackers

9

**Breakfast:** French toast, fresh blueberries  
**Lunch:** Chicken nuggets with ketchup, greens beans, honeydew  
**PM Snack:** Graham crackers

10

**Breakfast:** Mini muffins  
**Lunch:** Frito pie, cornbread, peaches  
**PM Snack:** Vanilla wafers

11

**Breakfast:** Mini Muffins, yogurt  
**Lunch:** Sloppy joes, peas, fruit cocktail  
**PM Snack:** Granola bars

12

**Breakfast:** Mini pancakes, applesauce  
**Lunch:** Fish sticks with tartar sauce, greens beans, pears  
**PM Snack:** Goldfish

13

**Breakfast:** French toast, fresh blueberries  
**Lunch:** Pasta with marinara, dinner roll, peach slices  
**PM Snack:** Goldfish

16

**Breakfast:** Cereal, bananas  
**Lunch:** Steak fingers, mashed potatoes, peaches  
**PM Snack:** Vanilla wafers

17

**Breakfast:** Mini pancakes, applesauce  
**Lunch:** Chicken nuggets with ketchup, green beans ,honeydew  
**PM Snack:** Graham crackers

18

**Breakfast:** Ham and cheese scrambler, cantaloupe  
**Lunch:** Goulash, vegetables  
**PM Snack:** Ritz crackers

19

**Breakfast:** Mini pancakes, applesauce  
**Lunch:** Whole grain cheese pizza, corn, mandarin oranges  
**PM Snack:** Granola bars

20

**Breakfast:** Breakfast cereal, bananas  
**Lunch:** Frito pie, cornbread, peaches  
**PM Snack:** Ritz crackers

23

**Breakfast:** French toast, fresh blueberries  
**Lunch:** Chicken nuggets with ketchup, green beans honeydew  
**PM Snack:** Graham crackers

24

**Breakfast:** Mini muffins  
**Lunch:** Bean burritos Spanish rice, apple slices  
**PM Snack:** Vanilla wafers

25

**Breakfast:** Ham and cheese scrambler, cantaloupe  
**Lunch:** Sloppy joes, peas, fruit cocktails  
**PM Snack:** Granola bars

26

**Breakfast:** Mini pancakes, applesauce  
**Lunch:** Fish sticks with tartar sauce, green beans, pears  
**PM Snack:** Goldfish

27

**Breakfast:** French toast, fresh blueberries  
**Lunch:** Salsberry steak, mashed potatoes, gravy, pears  
**PM Snack:** Goldfish

30

**Breakfast:** Cereal, bananas  
**Lunch:** Chicken stir-fry, rice, mandarin oranges  
**PM Snack:** Vanilla wafers

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