## **Little Stars All Natural / Organic October Menu 2020**

Morning Breakfast And Lunch Are Always Served With Organic Milk/Water And Afternoon Snack With Water or Organic Milk

Fresh Fruit Includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Mangos, Nectarines And Honeydew Melon

Trestriate interactor, Appre		upe, waterinelon, strawberries, blue		
Monday	Tuesday	Wednesday	Thursday – 1 <sup>st</sup>	Friday – 2 <sup>nd</sup>
			Whole Grain Cereal w/ Fresh Fruit	Yogurt w/ Fresh Fruit
			& Organic Milk	& Organic Milk
			Whole Grain Macaroni and Cheese	Whole Wheat Cheese Pizza
			Steamed Broccoli Florets	Sweet Golden Corn
		<b>y</b>	Fresh Fruit	Fresh Fruit
			Organic Milk	Organic Milk
			Fresh Fruit Medley w/ Organic Milk	Vanilla Pudding w/ Bananas
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	Qth
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Whole Grain Cereal w/ Fresh Fruit	Buttermilk Whole Wheat Biscuits w/	Yogurt W Fresh Fruit	Whole Wheat Bagels w/ Fresh Fruit	Whole Grain Waffles w/ Berries,
& Organic Milk	Fresh Fruit & Organic Milk	& Organic Milk	& Organic Milk	Maple Syrup & Organic Milk
Crispy Turkey Tacos	Grilled Chicken Breast	Whole Wheat French Toast	Whole Wheat Pasta w/ Turkey	Alaskan Pollock Fish Sticks
Sweet Golden Corn	Whole Wheat Bread and Butter	w/ Maple Syrup	Meatballs In Marinara Sauce	Sweet Petite Garden Peas
Fresh Fruit	French Cut Green Beans	Turkey Sausage Patty	Steamed Broccoli Florets	Fresh Fruit
Organic Milk	Fresh Fruit	Fresh Fruit	Fresh Fruit	Organic Milk
	Organic Milk	Organic Milk	Organic Milk	ē
Whole Wheat Bagel Cheese Pizzas	Fresh Bananas w/	Mild Cheddar Cheese w/	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
Whole Wheat Bager Cheese Tizzas	Animal Crackers	Whole Wheat Crackers	reggies w Ranch Diessing	Whole Grain Nut Free Tran Mix
12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>
12				
	Cinnamon Rolls w/ Fresh Fruit	Egg & Cheese Wrap	Whole Wheat Pancakes w/ Berries,	Whole Grain Blueberry Muffins
	& Organic Milk	w/Fresh Fruit & Organic Milk	Maple Syrup & Organic Milk	w/ Fresh Fruit & Organic Milk
	Breaded Whole Grain	Whole Grain Macaroni and Cheese	Chicken Soft Tacos	Whole Wheat Cheese Pizza
Closed	Chicken Breast Nuggets	Steamed Broccoli Florets	Steamed Carrots	Sweet Golden Corn
	French Cut Green Beans	Fresh Fruit	Fresh Fruit	Fresh Fruit
Columbus	Fresh Fruit	Organic Milk	Organic Milk	Organic Milk
Columbus Day	Organic Milk		\ °	
	Natural Unsweetened Cinnamon Apple	Soft Pretzels w/	Oatmeal Apple Cinnamon Bars	Fresh Fruit Medley w/ Yogurt
	Sauce w/ Graham Crackers	Cheddar Cheese	w/ Organic Milk	Tresh Truit Medicy W/ Toguit
19 <sup>th</sup>	20 <sup>th</sup>	21st	22 <sup>nd</sup>	23 <sup>rd</sup>
		Whole Grain Waffles w/ Berries,		Buttermilk Whole Wheat Biscuits w/ Fresh
Whole Wheat Bagels w/ Fresh Fruit	Whole Grain Cereal w/ Fresh Fruit	,	Yogurt w/ Fresh Fruit	
& Organic Milk	& Organic Milk	Maple Syrup & Organic Milk	& Organic Milk	Fruit & Organic Milk
Breaded Whole Grain Chicken Breast	Oven Roasted Turkey Breast &	Chicken Alfredo On	Whole Wheat French Toast	Tuna Salad On
On A Whole Wheat Bun	Cheese Spinach Herb Roll-Ups	Whole Grain Pasta	w/ Maple Syrup	Whole Wheat Bread
Mixed Vegetables	Tatar Tots	Sweet Petite Garden Peas	Turkey Sausage Patty	Veggies w Ranch Dressing
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
Vanilla Pudding w/)	Whole Wheat Bagel Cheese Pizzas	Home Economics Project Snack	Pretzels w/ Cheddar Cheese	Whole Grain Banana Muffins
Graham Crackers	w/ Organic Milk			w/ Organic Milk
26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>
Whole Grain Blueberry Muffins			Whole Wheat Cinnamon Toast	Oatmeal w/ Apples, Cinnamon
	Egg & Cheese Wrap	Whole Wheat Pancakes w/ Berries,		
w/ Fresh Fruit & Organic Milk	w/ Fresh Fruit & Organic Milk	Maple Syrup & Organic Milk	w/ Fresh Fruit & Organic Milk	& Organic Milk
Whole Wheat Cheese Pizza	Cheese Tortellini w/ Marinara Sauce	Breaded Whole Grain	Chicken Noodle Soup w/	Harvest Party
Sweet Golden Corn	Steamed Broccoli Florets	Chicken Breast Nuggets	Mixed Vegetables	Turkey Eyeball Subs
Fresh Fruit	Fresh Fruit	French Cut Green Beans	Fresh Fruit	On A Whole Wheat Bun
Organic Milk	Organic Milk	Fresh Fruit	Organic Milk	Witches Mixed Veggies
		Organic Milk		86
				Frankenstein Fresh Fruit
<u></u>				Organic Milk
Chicken Salad w/	Oatmeal Apple Cinnamon Bars	Whole Grain Nut Free Trail Mix	Fresh Bananas	Party Snack
Whole Wheat Crackers	w/ Organic Milk	w/ Organic Milk	w/ Animal Crackers	V