

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

Monday	Tuesday	Wednesday	Thursday – 1 st	Friday – 2 nd
			Whole Grain Cereal w/ Fresh Fruit & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk
			Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
			Fresh Fruit Medley w/ Organic Milk	Vanilla Pudding w/ Bananas
5 th	6 th	7 th	8 th	9 th
Whole Grain Cereal w/ Fresh Fruit & Organic Milk Crispy Turkey Tacos Sweet Golden Corn Fresh Fruit Organic Milk	Buttermilk Whole Wheat Biscuits w/ Fresh Fruit & Organic Milk Grilled Chicken Breast Whole Wheat Bread and Butter French Cut Green Beans Fresh Fruit Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Whole Wheat Bagels w/ Fresh Fruit & Organic Milk Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Grain Waffles w/ Berries, Maple Syrup & Organic Milk Alaskan Pollock Fish Sticks Sweet Petite Garden Peas Fresh Fruit Organic Milk
Whole Wheat Bagel Cheese Pizzas	Fresh Bananas w/ Animal Crackers	Mild Cheddar Cheese w/ Whole Wheat Crackers	Veggies w/ Ranch Dressing	Whole Grain Nut Free Trail Mix
12 th	13 th	14 th	15 th	16 th
Closed Columbus Day	Cinnamon Rolls w/ Fresh Fruit & Organic Milk Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Egg & Cheese Wrap w/ Fresh Fruit & Organic Milk Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat Pancakes w/ Berries, Maple Syrup & Organic Milk Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk	Whole Grain Blueberry Muffins w/ Fresh Fruit & Organic Milk Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk
	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Soft Pretzels w/ Cheddar Cheese	Oatmeal Apple Cinnamon Bars w/ Organic Milk	Fresh Fruit Medley w/ Yogurt
	19 th	20 th	21 st	22 nd
Whole Wheat Bagels w/ Fresh Fruit & Organic Milk Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Mixed Vegetables Fresh Fruit Organic Milk	Whole Grain Cereal w/ Fresh Fruit & Organic Milk Oven Roasted Turkey Breast & Cheese Spinach Herb Roll-Ups Tatar Tots Fresh Fruit Organic Milk	Whole Grain Waffles w/ Berries, Maple Syrup & Organic Milk Chicken Alfredo On Whole Grain Pasta Sweet Petite Garden Peas Fresh Fruit Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Buttermilk Whole Wheat Biscuits w/ Fresh Fruit & Organic Milk Tuna Salad On Whole Wheat Bread Veggies w/ Ranch Dressing Fresh Fruit Organic Milk
Vanilla Pudding w/ Graham Crackers	Whole Wheat Bagel Cheese Pizzas w/ Organic Milk	Home Economics Project Snack	Pretzels w/ Cheddar Cheese	Whole Grain Banana Muffins w/ Organic Milk
26 th	27 th	28 th	29 th	30 th
Whole Grain Blueberry Muffins w/ Fresh Fruit & Organic Milk Whole Wheat Cheese Pizza Sweet Golden Corn Fresh Fruit Organic Milk	Egg & Cheese Wrap w/ Fresh Fruit & Organic Milk Cheese Tortellini w/ Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat Pancakes w/ Berries, Maple Syrup & Organic Milk Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Whole Wheat Cinnamon Toast w/ Fresh Fruit & Organic Milk Chicken Noodle Soup w/ Mixed Vegetables Fresh Fruit Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk Harvest Party Turkey Eyeball Subs On A Whole Wheat Bun Witches Mixed Veggies Frankenstein Fresh Fruit Organic Milk Party Snack
Chicken Salad w/ Whole Wheat Crackers	Oatmeal Apple Cinnamon Bars w/ Organic Milk	Whole Grain Nut Free Trail Mix w/ Organic Milk	Fresh Bananas w/ Animal Crackers	