



October



Monday, October 2nd	Tuesday, October 3rd	Wednesday, October 4th	Thursday, October 5th	Friday, October 6th
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Crispix cereal, peaches
 Sn: Orange slices, saltines
 Toddler: Mandarin oranges, saltines
 Goulash, corn, peaches
 Sn: Apple crisp, water

Raspberry bread, fruit mix
 Sn: Animal crackers, milk
 Bologna sand, cheesy potato soup, cooked carrots, fruit mix
 Sn: Chips, salsa

Cinnamon toast, mandarin oranges
 Sn: Gogurt, juice
 Baked mac n cheese bites, green beans, mandarin oranges
 Sn: 100 Calorie Oreo crisps, milk

Yogurt w/ rice krispies, applesauce
 Sn: Carrots w/ ranch
 Tod: Shredded carrots w/ ranch
 Grilled chicken, peas, applesauce
 Sn: Cheez-its, juice

Pancakes, pears
 Sn: Pita chips, hummus
 Pizza, salad w/ ranch, pears
 Sn: Mandarin oranges, graham crackers

BY THE SHARKS

Ingredients...

Feathers of a bird
 Flowers from a field
 Ears of a Cat
 Brownies from the kitchen
 Tomatoes from your garden
 Cereal from a box
 Oatmeal with no lumps
 Fizzy Soda
 Legos of all colors
 Spiders with 8 legs
 Rocks turned into pebbles
 Pizza cut in squares
 Tails of puppies



Monday, October 9th	Tuesday, October 10th	Wednesday, October 11th	Thursday, October 12th	Friday, October 13th
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Life cereal, fruit mix
 Sn: Cottage cheese, juice
 Chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple Cinnamon tortilla wrap

Cinnamon bread, pears
 Sn: Applesauce, graham crackers
 Grilled ham and cheese sand, tomato soup, pears
 Sn: Elf Grahams, juice

Hash brown and sausage casserole, pineapple
 Sn: Celery w/ ranch
 Tod: Veggie straws
avanti's day
 Sn: Club crackers, cheese

Breakfast burrito, peaches
 Sn: Apple slices w/ soy butter
 Fettuccini alfredo, peas, peaches
 Sn: Trail mix

Whole wheat French toast sticks, mandarin oranges
 Sn: Cheese Ritz bits, juice
 Scrambled Eggs, toast, hash brown, mandarin oranges
 Sn: Peach crisp, water

Little Jewels is a
 Peanut Free Zone



Regular Menu

Monday, October 16th	Tuesday, October 17th	Wednesday, October 18th	Thursday, October 19th	Friday October 20th
Cinnamon Chex, applesauce Sn: Raisins, goldfish Tod: Goldfish, juice Ribs on mini bun, peas, applesauce Sn: Nutrigrain bars	Pumpkin bread, fruit mix Sn: Chex Mix, juice Spaghetti w/ meat sauce, salad w/ranch, fruit mix Sn: Bananas, cheerios	Cinnamon rolls, pears Sn: Orange slices, saltines Tod: Mandarin oranges, saltines Turkey slices w/gravy, mashed potatoes, green beans, pears Sn: Popcorn, juice Tod: Puffed corn, juice	English muffins w/egg paty, peaches Sn: Grapes, yogurt Tod: Fruit, yogurt Breadstick, chicken noodle soup, California blend veg-gies, peaches Sn: Ritz crackers, juice	Biscuits and gravy, pineapple Sn: Carrots w/ ranch Tod: Shredded carrots w/ ranch Sloppy joe on bun, corn, pineapple Sn: Chips, salsa

Monday, October 23rd	Tuesday, October 24th	Wednesday, October 25th	Thursday, October 26th	Friday October 27th
Rice Krispies, mandarin oranges Sn: Fruit smoothies Chicken/cheese quesadillas, green beans, mandarin oranges Sn: Saltines, American cheese	Banana bread, pears Sn: Apple slices with string cheese Grilled Cheese sand, chili, pears Sn: Animal crackers, milk	Omelets, fruit mix Sn: Cottage cheese, juice Cheeseburger macaroni, peas, fruit mix Sn: Cheese Ritz bits, water	Waffles, peaches Sn: Celery w/soy butter Tod: Veggie Straws Meatballs, mashed potatoes, carrots, peaches Sn: Pretzels w/ ranch	Oatmeal w/apples, butter toast Sn: Rice cakes, juice Pizza pasta, salad w/ ranch, pineapple Sn: Trail mix

Monday, October 30th	Tuesday, October 31st
Kix cereal, pears Sn: Raisins, goldfish Tod: Goldfish, juice Corn dogs, cooked carrots, pears Sn: String cheese & tortilla wrap	Blueberry bread, mandarin oranges Sn: Cucumber slices w/ ranch (peeled for Tod's) Turkey sand, veggie soup, mandarin oranges Sn: Veggie Straws, juice

It's time to TRICK OR TREAT

Uptown Normal Friday, October 27th 5:00-7:00 pm (Free)
 Miller Park Zoo Spooktacular Saturday, October 28th 5:00-8:00 pm (\$\$)
 Sunday, October 29th Noon-3:00 pm (\$\$)
 Normal Parks and Rec Not-So-Spooky Trail October 19-21st 6:00-8:00 pm (free with donation of one canned good per person)
 Normal Parks and Rec Spooky Trail October 27th-28th 6:30-9:00pm (\$)
 Bloomington-Normal Tuesday, October 31st 5:00-8:00 pm (Free)

Organize a Snack Food Scavenger Hunt

Invite each member of your family to choose a favorite snack food in the kitchen. Show them how to find which food is highest or lowest in a particular nutrient.

- Challenge your family to guess which foods are high or low in a particular nutrient — then compare to see which food is the healthier choice!
- Help them discover different things on different days! For example: compare the number of calories in one serving of each food, and find the one with the fewest calories.

Happy Hunting!



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****Regular Menu****