



October



Monday, October 2nd Tuesday, October 3rd Wednesday, October 4th Thursday, October 5th Friday, October 6th

Crispix cereal, peaches
 Sn: Orange slices, saltines
 Tod: Mandarin oranges, saltines
 Goulash w veg. beef, corn, peaches
 Sn: Apple crisp, water

Raspberry bread, fruit mix
 Sn: Animal crackers, milk
 Hummus 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
 Veg. chicken, peas, applesauce
 Sn: Cheez-its, juice

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

Monday, October 9th Tuesday, October 10th Wednesday, October 11th Thursday, October 12th Friday, October 13th

Life cereal, fruit mix
 Sn: Cottage cheese, juice
 Veggie chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple cinnamon tortilla wrap

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

Hash brown 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 stix, mandarin oranges
 Sn: Cheese Ritz bits, juice
 Scrambled eggs, toast, hash brown, mandarin oranges
 Sn: Peach crisp, water

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



Little Jewels is a
 Peanut Free Zone



Vegetarian 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
Veggie burger, peas, applesauce
Sn: Nutrigrain bars

Pumpkin bread, fruit mix
Sn: Chex mix, juice
Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix
Sn: Bananas, cheerios

Cinnamon rolls, pears
Sn: Orange slices, saltines
Tod: Mandarin oranges, saltines
Black bean salad, 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, veg broth w/ California blend veggies, peaches
Sn: Ritz crackers, juice

Biscuits and gravy, pineapple
Sn: Carrots w/ ranch
Tod: Shredded carrots w/ ranch
Vegetarian 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
Cheese quesadillas, green beans, mandarin oranges
Sn: Saltines, American cheese

Banana bread, pears
Sn: Apple slices w/ string cheese
Grilled Cheese sand, veggie chili, pears
Sn: Animal crackers, milk cheese

Omelets, fruit mix
Sn: Cottage cheese, juice
Veggie Cheese"burger" mac, peas, fruit mix
Sn: Cheese Ritz bits, water

Waffles, peaches
Sn: Celery w/ soy butter
Tod: Veggie straws
Veggie 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
Veggie corn dogs, cooked carrots, pears
Sn: String cheese & tortilla wrap

Blueberry bread, mandarin oranges
Sn: Cucumber slices w/ ranch (peeled for Tod's)
Soy butter sandwich, 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!



October

****Vegetarian Menu****