


October

Regular Menu



Monday, October 1st	Tuesday, October 2nd	Wednesday, October 3rd	Thursday, October 4th	Friday, October 5th
<p>Cinnamon Chex, applesauce</p> <p>Sn: Raisins, goldfish</p> <p>Tod: Goldfish, juice</p> <p>Ribs on mini bun, peas, applesauce</p> <p>Sn: Nutrigrain bars</p>	<p>Pumpkin bread, fruit mix</p> <p>Sn: Chex Mix, juice</p> <p>Spaghetti w/ meat sauce, salad w/ranch, fruit mix</p> <p>Sn: Bananas, cheerios</p>	<p>Cinnamon rolls, peaches</p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p>Turkey slices w/gravy, mashed potatoes, green beans, peaches</p> <p>Sn: Popcorn, juice</p> <p>Tod: Puffed corn, juice</p>	<p>English muffins w/egg paty, pears</p> <p>Sn: Grapes, yogurt</p> <p>Tod: Fruit, yogurt</p> <p>Breadstick, chicken noodle soup, California blend veggies, pears</p> <p>Sn: Apple crisp, water</p>	<p>center closed For Teacher Training</p>

Monday, October 8th	Tuesday, October 9th	Wednesday, October 10th	Thursday, October 11th	Friday, October 12th
<p>Rice Krispies, mandarin oranges</p> <p>Sn: Fruit smoothies</p> <p>Chicken/cheese quesadillas, green beans, mandarin oranges</p> <p>Sn: Saltines, American cheese</p>	<p>Banana bread, pears</p> <p>Sn: Cucumber slices w/ ranch</p> <p>(peeled for Tod's)</p> <p>Grilled Cheese sand, chili, pears</p> <p>Sn: Animal crackers, milk</p>	<p>Omelets, fruit mix</p> <p>Sn: Rice cakes, juice</p> <p>avanti's day</p> <p>Sn: Cinnamon diced apples, graham crackers</p>	<p>Waffles, peaches</p> <p>Sn: Celery w/soy butter</p> <p>Tod: Veggie Straws</p> <p>Meatballs, mashed potatoes, carrots, peaches</p> <p>Sn: Pretzels w/ ranch</p>	<p>Oatmeal w/apples, butter toast</p> <p>Sn: Cottage cheese, juice</p> <p>Pizza pasta, salad w/ ranch, pineapple</p> <p>Sn: Trail mix</p> 

Healthy Eating Tips for Kids...

(Pssst...parents, we can't do it without you!)

Tip #4: Grow your own

Growing herbs and vegetables at home can be a fun way to teach kids where food comes from and to encourage them to eat a more varied diet. They are more likely to at least take a bite if they helped plant and pick the food.



Monday, October 15th Tuesday, October 16th Wednesday, October 17th LS Thursday, October 18th Friday, October 19th

Kix cereal, pears
 Sn: Raisins, goldfish
 Tod: Goldfish, juice
Corn dogs, cooked carrots, pears
 Sn: String cheese & tortilla wrap

Apple Spice bread, mandarin oranges
 Sn: Gogurt, juice
Turkey sand, veggie soup, mandarin oranges
 Sn: Cheddar cheese cubes & pita chips

Whole wheat french toast stix, fruit mix
 Sn: Graham crackers, applesauce
Chicken, broccoli, cheese and rice cass., fruit mix
 Sn: Veggie Straws, juice

Ham, egg and cheese casserole, peaches
 Sn: Pretzel bites w/ cheese sauce
Chicken patty on a bun, tator tots, peas, peaches
 Sn: Grapes, yogurt

Bagels w/ cream cheese, pineapple
 Sn: Bananas, cheerios
Beef Ravioli, California blend veggies, pineapple
 Sn: Nutrigrain bars

Monday, October 22nd Tuesday, October 23rd Wednesday, October 24th Thursday, October 25th Friday, October 26th

Crispix cereal, peaches
 Sn: Orange slices, saltines
 Toddler: Mandarin oranges, saltines
Goulash, corn, peaches
 Sn: Cheese Ritz Bits, water

Blueberry bread, fruit mix
 Sn: Apple slices with soy bitter
Bologna sand, cheesy potato soup, cooked carrots, fruit mix
 Sn: Peach crisp, water

Cinnamon toast, mandarin oranges
 Sn: Animal crackers, milk
Baked mac n cheese bites, green beans, mandarin oranges
 Sn: Chips, salsa

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: 100 Calorie Oreo crisps, milk



Monday, October 29th Tuesday, October 30th Wednesday, October 31st

Life cereal, fruit mix
 Sn: Cottage cheese, juice
Chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple Cinnamon tortilla wrap

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

Breakfast burrito, peaches
 Sn: Celery w/ ranch
 Tod: Veggie straws
Fish Shapes, broccoli w/ cheese, peaches
 Sn: Club crackers, cheese



Little Jewels is



Regular Menu



October will be a busy month at Little Jewels. Mark the following dates on your calendar now!

Week of October 8th:
 ISU Spirit Week

Week of October 8th:
 Fall picture week

Wednesday, October 10th:
 Fall Fundraiser ends

Saturday, October 13th:
 ISU Homecoming Parade

Wednesday, October 17th:
 Little Jewels T-shirt Day

Friday, October 26th:
 Fall Festivals



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