


# October

\*\*Vegetarian Menu\*\*



Monday, October 1st	Tuesday, October 2nd	Wednesday, October 3rd	Thursday, October 4th	Friday, October 5th
<p><b>Cinnamon Chex, applesauce</b></p> <p>Sn: Raisins, goldfish</p> <p>Tod: Goldfish, juice</p> <p><b>Veggie burger, peas, applesauce</b></p> <p>Sn: Nutrigrain bars</p>	<p><b>Pumpkin bread, fruit mix</b></p> <p>Sn: Chex mix, juice</p> <p><b>Spaghetti w/ veggie meat sauce, salad w/ranch, fruit mix</b></p> <p>Sn: Bananas, cheerios</p>	<p><b>Cinnamon rolls, pears</b></p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p><b>Black bean salad, mashed potatoes, green beans, pears</b></p> <p>Sn: Popcorn, juice</p> <p>Tod: Puffed corn, juice</p>	<p><b>English muffins w/ egg patty, peaches</b></p> <p>Sn: Grapes, yogurt</p> <p>Tod: Fruit, yogurt</p> <p><b>Breadstick, veg broth w/ California blend veggies, peaches</b></p> <p>Sn: Apple crisp, water</p>	<p><b>center closed For Teacher Training</b></p>

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



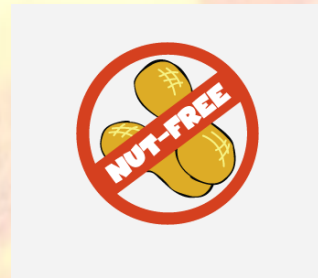
Monday, October 15th	Tuesday, October 16th	Wednesday, October 17th LS	Thursday, October 18th	Friday, October 19th
<b>Kix cereal, pears</b> Sn: Raisins, goldfish Tod: Goldfish, juice <b>Veggie corn dogs, cooked carrots, pears</b> Sn: String cheese & tortilla wrap	<b>Apple Spice bread, mandarin oranges</b> Sn: Gogurt, juice <b>Soy butter sandwich, veggie soup, mandarin oranges</b> Sn: Cheddar cheese cubes, pita chips	<b>Whole wheat french toast stix, fruit mix</b> Sn: Graham crackers, applesauce <b>Veggie Chicken, broccoli, cheese and rice cass., fruit mix</b> Sn: Veggie straws, juice	<b>Egg and cheese casserole peaches</b> Sn: Pretzel bites w/cheese sauce <b>Veggie chicken patty on bun, tator tots, peas, Peaches</b> Sn: Grapes, yogurt	<b>Bagels w/ cream cheese, pineapple</b> Sn: Bananas, cheerios <b>Cheese Ravioli, California blend veggies, pineapple</b> Sn: Nutrigrain Bars

Monday, October 22nd	Tuesday, October 23rd	Wednesday, October 24th	Thursday, October 25th	Friday, October 26th
<b>Crispix cereal, peaches</b> Sn: Orange slices, saltines Tod: Mandarin oranges, saltines <b>Goulash w veg. beef, corn, peaches</b> Sn: Cheese Ritz bits, water	<b>Blueberry bread, fruit mix</b> Sn: Apple slices w/ string cheese <b>Hummus sand, cheesy potato soup, cooked carrots, fruit mix</b> Sn: Peach crisp, water	<b>Cinnamon toast, mandarin oranges</b> Sn: Animal crackers, milk <b>Baked mac n cheese bites, green beans, mandarin oranges</b> Sn: Chips, salsa	<b>Yogurt w/ rice krispies, applesauce</b> Sn: Carrots w/ ranch Tod: Shredded carrots w/ ranch <b>Veg. chicken, peas, applesauce</b> Sn: Cheez-its, juice	<b>Pancakes, pears</b> Sn: Pita chips, hummus <b>Pizza, salad w/ ranch, pears</b> Sn: 100 Calorie Oreo crisps, milk 

Monday, October 29th	Tuesday, October 30th	Wednesday, October 31st
<b>Life cereal, fruit mix</b> Sn: Cottage cheese, juice <b>Veggie chicken nuggets, corn, mashed potatoes, fruit mix</b> Sn: Apple cinnamon tortilla wrap	<b>Cinnamon apple bread, pineapple</b> Sn: Applesauce, graham crackers <b>Grilled cheese sand, tomato soup, pineapple</b> Sn: Elf grahams, juice	<b>Breakfast burrito, peaches</b> Sn: Celery w/ ranch Tod: Veggie straws <b>Italian noodles, broccoli w/ cheese, peaches</b> Sn: Club crackers, cheese



Little Jewels is



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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



**October**