

Vegetarian Menu

October



October 21st-26th

More details to
come!!!

Tuesday, October 1st	Wednesday, October 2nd	Thursday, October 3rd	Friday, October 4th
<p>Apple Spice bread, mandarin oranges</p> <p>Sn: Gogurt, juice</p> <p>Grilled Cheese sand, veggie chili, mandarin oranges</p> <p>Sn: Cheddar cheese cubes, pita chips</p>	<p>Whole wheat french toast stix, fruit mix</p> <p>Sn: Graham crackers, applesauce</p> <p>Veggie Chicken, broccoli, cheese and rice cass, fruit mix</p> <p>Sn: Veggie straws, juice</p>	<p>Egg and cheese casserole peaches</p> <p>Sn: Pretzel bites w/cheese sauce</p> <p>Veggie chicken patty on bun, shoestring potato chips, peas, peaches</p> <p>Sn: Grapes, yogurt</p>	<p>Center Closed for Teacher Inservice</p>

Get your costumes ready!!!!
Little Jewels Annual Fall Festival is coming...

Friday, October 18th
6:15-7:30 pm at your child's Little Jewels!

(Dinner will be served)



Monday, October 7th	Tuesday, October 8th	Wednesday, October 9th	Thursday, October 10th	Friday, October 11th
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Apple Cinnamon Cheerios, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Veggie Shepherd's pie, corn, peaches

Sn: Popcorn, juice

Tod: Puffed corn, juice

Blueberry bread, fruit mix

Sn: Apple slices with soy butter

Spaghetti w/ marinara sauce, salad w/ranch, fruit mix

Sn: Peach crisp

Cinnamon toast, applesauce

Sn: Animal crackers, milk

Avanti's Day

Sn: Pretzel Goldfish, juice

Yogurt w/ rice krispies, mandarin oranges

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Veg. chicken, peas, mandarin oranges

Sn: Cheez-its

Pancakes, pears

Sn: Pita chips, hummus

Hummus sand, cheesy potato soup, green beans, pears

Sn: 100 Calorie Oreo crisps, milk



Monday, October 14th	Tuesday, October 15th	Wednesday, October 16th	Thursday, October 17th	Friday, October 18th
<p>Life cereal, fruit mix</p> <p>Sn: Cottage cheese, juice</p> <p>Veggie chicken nuggets, corn, mashed potatoes, fruit mix</p> <p>Sn: Cinnamon diced apples, graham crackers</p>	<p>Cinnamon apple bread, pineapple</p> <p>Sn: Ritz crackers, juice</p> <p>Pizza, salad w/ ranch, pineapple</p> <p>Sn: Chips, salsa</p>	<p>Breakfast burrito, peaches</p> <p>Sn: Celery w/ ranch</p> <p>Tod: Veggie straws</p> <p>Fettuccini alfredo, peas, peaches</p> <p>Sn: Gogurt, Club crackers</p>	<p>Hash brown casserole, pears</p> <p>Sn: Apple slices w/ string cheese</p> <p>Italian noodles, cooked carrots, pears</p> <p>Sn: Ranch Oyster Crackers</p>	<p>Whole wheat French toast stix, mandarin oranges</p> <p>Sn: Applesauce, graham crackers</p> <p>Veggie burger sliders, broccoli w/cheese, mandarin oranges</p> <p>Sn: Trail mix</p>

Monday, October 21st	Tuesday, October 22nd	Wednesday, October 23rd	Thursday, October 24th	Friday, October 25th
<p>Golden Grahams, 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>Grilled ham and cheese sand, tomato soup, fruit mix</p> <p>Sn: Bananas, cheerios</p>	<p>Cinnamon rolls, pears</p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p>Black bean salad, mashed potatoes, green beans, pears</p> <p>Sn: Popcorn, juice</p> <p>Tod: Puffed corn, juice</p>	<p>English muffins w/egg patty, 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</p>	<p>Biscuits and gravy, pineapple</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Sloppy joe on bun, tator tots, corn, pineapple</p> <p>Sn: Cheese Ritz bits, juice</p>

Monday, October 28th	Tuesday, October 29th	Wednesday, October 30	Thursday, October 31st
<p>Rice Krispies, mandarin oranges</p> <p>Sn: Fruit smoothies</p> <p>Cheese quesadillas, green beans, mandarin oranges</p> <p>Sn: Pretzel Goldfish, juice</p>	<p>Banana bread, pears</p> <p>Sn: Cucumber slices w/ ranch (peeled for Tod's)</p> <p>Pizza pasta, salad w/ ranch, pears</p> <p>Sn: Animal crackers, milk</p>	<p>Omelets, fruit mix</p> <p>Sn: Rice cakes, juice</p> <p>Veggie Chili-mac, peas, fruit mix</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>

Little Jewels is



Fun Food Fact



Percy LeBaron Spencer was an American Engineer and inventor. In 1945, while standing in front of an operating magnetron, a chocolate bar in his pocket melted. He then tested popcorn in front of the magnetron and it quickly popped all over the room. Development of the microwave oven grew out of these observations!



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