

# Babes on the Square Too

October 15<sup>th</sup> through 19<sup>th</sup>

Week Beginning: \_\_\_\_\_



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Milk Juice/Fruit/Vegetable.  Bread/Cereal  Other	Milk	Milk	Milk	Milk	Milk
	Diced Peaches	Diced Pears	Applesauce	Bananas	Fruit Cocktail
	Cream of Wheat	Corn Flakes	Life Cereal	Waffles w/Syrup	Cheerios
				Turkey Sausages	
<b>Lunch:</b> Milk Meat/Meat Alt.  Vegetable. or Fruit  Vegetable. or Fruit  Bread	Milk	Milk	Milk	Milk	Milk
	Lentils with Peas and Potatoes	Spaghetti with Meatballs	Breaded Chicken Tender Slider	Beef and Noodle Soup	Turkey Sandwiches
	Peas	Green Beans	Mixed Vegetables	Soup Vegetables	Steamed Carrots
	Mandarin Oranges	Applesauce	Diced Pears	Diced Peaches	Mandarin Oranges
	Whole Wheat Bread	Noodles	Hawaiian Roll	Oyster Crackers	Whole Wheat Bread
<b>PM Snack:</b> * (select 2 items) Milk Meat/Meat Alt.  Juice/Fruit/Vegetable.  Bread/Cereal					
	Apples	Bananas	Diced Peaches	Applesauce	Pears
	Cheddar Goldfish	Triscuits	Soft Pretzel Bites with Cheese Sauce	Ritz Crackers	Pretzel Goldfish

\*Snack only.... Items *must be* from two (2) different 'food component' groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed. Menus Items are subject to change without notice, any changes will be reflected the day of on the menu board outside kitchen