

# Babes on the Square Too

October 29<sup>th</sup> through November 2<sup>nd</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
	Fresh Fruit	Diced Peaches	Sliced Oranges	Bananas	Diced Pears
	Cream of Wheat	Kix Cereal	Pancakes w/Syrup	Grape-nut Flakes	Cheerios
<b>Lunch:</b> Milk Meat/Meat Alt.  Vegetable. or Fruit  Vegetable. or Fruit  Bread	Milk	Milk	Milk	Milk	Milk
	Potato Bar with Fixings	Turkey Sandwich on a Croissant Roll	French Bread Pizza	Deli Roast Beef	CHEF'S
	Broccoli	Peas	Corn	Steamed Carrots	CHOICE
	Mixed Fruit	Fruit Cocktail	Applesauce	Fruit Cocktail	LUNCHEON
	Hawaiian Roll	Croissant	French Bread	Whole Wheat Bread	
<b>PM Snack:</b> * (select 2 items) Milk Meat/Meat Alt.  Juice/Fruit/Vegetable.  Bread/Cereal					
	Apples	Bananas	Diced Peaches	Fresh Pears	Apples
	Ghram Crackers	Animal Crackers	Wheat Thins	Cheddar Goldfish	Pretzels

\*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. Menu Items are subject to change without notice, any changes will be reflected the day of on the menu board outside kitchen.