

*Little Apron Academy ~ October 2019 Fall Menu*

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| **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | | **THURSDAY** | | **FRIDAY** | |
|  | | **1**  **Breakfast:**  **Pancakes**  **Blueberry Yogurt**  **Lunch:**  **Lemon Pepper Chicken Steamed Broccoli**  **Dinner Rolls**  **w/ Peaches**  **PM Snack:**  **Banana Muffins**  **w/ Apple Sauce** | | **2**  **Breakfast:**  **Cinnamon Oatmeal**  **w/ Diced Mangos**  **Lunch:**  **Hearty Vegetable Soup Whole Wheat Crackers**  **w/ Fresh Pears**  **PM Snack:**  **Sunflower butter**  **Graham Cracker**  **w/ Fresh Fruit** | | **3**  **Breakfast:**  **Turkey Bacon**  **Cheese Grits**  **w/ Mandarin Oranges**  **Lunch:**  **Cheese Bagel Pizza**  **w/ Fresh Apples**  **PM Snack:**  **Bread Sticks**  **Marinara Sauce**  **w/ Fresh Fruit** | | **4**  **Breakfast:**  **Waffles**  **Turkey Sausage**  **w/ Strawberries**  **Lunch:**  **Chicken Sandwich**  **Sweet Potato Fries**  **w/ Mixed Berries**  **PM Snack:**  **Granola Bars**  **w/ Berry Yogurt** | |
| **7**  **Breakfast:**  **Corn Flakes**  **w/ Blue Berries**  **Lunch:**  **Vegetable Quesadilla**  **Black Beans & Corn**  **w/ Peaches**  **PM Snack:**  **Graham Crackers**  **w/ Fresh Melon** | | **8**  **Breakfast:**  **Carrot Muffins**  **w/ Applesauce**  **Lunch:**  **Tomato Basil Soup**  **Cheese Toast**  **w/ Diced Pineapples**  **PM Snack:**  **Wheat Crackers**  **String Cheese**  **w/ Fresh Fruit** | | **9**  **Breakfast:**  **English Muffins**  **w/ Pears**  **Lunch:**  **Sweet & Tangy Chicken**  **Stir Fry Vegetable Pasta**  **w/ Pear Halves**  **PM Snack:**  **Spinach Artichoke Dip**  **Pita Chips**  **w/ Fresh Fruit** | | **10**  **Breakfast:**  **Oatmeal**  **w/ Strawberries**  **Lunch:**  **Vegetarian Lasagna**  **Dinner Rolls**  **w/ Diced Mangos**  **PM Snack:**  **Sun butter Sandwiches**  **w/ Fresh Fruit** | | **11**  **Breakfast:**  **Pancake & Sausage**  **w/ Bananas**  **Lunch:**  **Cheese Ravioli**  **Meat Sauce**  **Green Beans**  **w/ Fruit Medley**  **PM Snack:**  **Vanilla Wafers**  **w/ Fresh Oranges** | |
| **14**  **Breakfast:**  **Rice Crispies**  **w/ Bananas**  **Lunch:**  **Grilled Cheese**  **Green Beans**  **w/ Tropical Fruit**  **PM Snack:**  **Classic Hummus**  **Pita Bread**  **w/ Fresh Fruit** | | **15**  **Breakfast:**  **French Toast**  **w/ Strawberries**  **Lunch:**  **Chicken Alfredo**  **Sweet Peas**  **Bread Sticks**  **w/ Oranges**  **PM Snack:**  **Graham Crackers**  **Applesauce** | | **16**  **Breakfast:**  **Turkey Ham**  **Hash Brown**  **w/ Cantaloupe Melon**  **Lunch:**  **Baked Fish Sandwich**  **w/ Tartar Sauce**  **Saffron Rice**  **w/ Pineapple Tidbits**  **PM Snack:**  **Sun butter Bars**  **w/ Yogurt**  **w/ Fresh Pears** | | **17**  **Breakfast:**  **Cream of Wheat**  **w/ Bananas**  **Lunch:**  **Chicken Noodle Soup**  **Oyster Crackers**  **w/ Sliced Oranges**  **PM Snack:**  **Zucchini Bread**  **w/ Blueberries** | | **18**  **Breakfast:**  **Pancakes**  **w/ Mixed Berry Compote**  **Lunch:**  **Shepherd’s Pie**  **w/ Fresh Apples**  **PM Snack:**  **Cucumber &Tomato**  **Salad** | |
| **21**  **Breakfast:**  **Cheerios**  **w/ Strawberries**  **Lunch:**  **Chicken Teriyaki**  **Vegetable Rice**  **w/ Pineapple Tidbits**  **PM Snack:**  **Graham Crackers**  **w/Diced Peaches** | | **22**  **Breakfast:**  **Cream of Wheat**  **w/ Mixed Berries**  **Lunch:**  **Cheese Quesadilla**  **Black Beans**  **w/ Tropical Fruit**  **PM Snack:**  **Apple Crisp** | | **23**  **Breakfast:**  **Crustless Quiche**  **w/ Warm Cinnamon Apples**  **Lunch:**  **Chili Con Carne**  **Corn Muffins**  **w/ Diced Pears**  **PM Snack:**  **String Cheese**  **Wheat Crackers**  **w/ Diced Mangos** | | **24**  **Breakfast:**  **French Toast**  **w/ Strawberries**  **Lunch:**  **Chicken Pasta Primavera**  **Zucchini & Squash**  **w/ Peaches**  **PM Snack:**  **Turkey & Cheese**  **Wraps**  **w/ Mandarin Oranges** | | **25**  **Breakfast:**  **English Muffins**  **Turkey Sausage**  **w/ Honeydew Melon**  **Lunch:**  **Chicken Potpie**  **w/ Sliced Oranges**  **PM Snack:**  **Guacamole**  **Tortilla Chips**  **w/ Apricot Halves** | |
| **28**  **Breakfast:**  **Rice Chex**  **w/ Apples**  **Lunch:**  **BBQ Chicken**  **Roasted Potatoes**  **Seasoned Broccoli**  **w/ Sliced Oranges**  **PM Snack:**  **Vanilla Wafers**  **w/ Strawberry Yogurt** | | **29**  **Breakfast:**  **Apple Cinnamon Muffins**  **w/ Mandarins**  **Lunch:**  **Butternut Squash Ravioli**  **Creamed Spinach Sauce**  **w/ Peaches**  **PM Snack:**  **Classic Hummus**  **Carrots Sticks**  **w/ Fresh Fruit** | | **30**  **Breakfast:**  **Turkey Bacon,**  **Egg and Cheese Bagel**  **w/ Diced Pears**  **Lunch:**  **w/ Pineapple Tidbits**  **PM Snack:**  **Peach Crisp** | | **31**  **Breakfast:**  **Oatmeal**  **w/ Strawberries**  **Lunch:**  **Chicken Lasagna**  **Seasoned Broccoli**  **w/ Cantaloupe Melon**  **PM Snack:**  **Carrot Bread**  **w/ Fruit Salsa** | |  | |

**LAA serves whole milk to children less than two years of age and 1% milk to children over two years of age.**

**Milk is served at AM snack and lunch. Water is served at PM snack**