

*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**