

CHAMPLAIN ISLANDS PARENT CHILD CENTER MONTHLY MENU OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1- B:APPLE CINNAMON MUFFINS/PEARS/MILK L:BAKED ZITI/MEAT SAUCE/CORN/PEACHES/MILK S:GOLDFISH/GRAPES/WATER</p>	<p>2- B:PANCAKES/BLUEBERRIES/MILK L:ROASTED PORK LOIN/MASHED POTATOES/GREEN BEANS/ROLL/MILK S:PITA CHIPS/SALSA/WATER</p>	<p>3- B:ENGLISH MUFFINS/GRAPES/MILK L:BEEF STEW/BISCUITS/APPLES/MILK S:ANIMAL CRACKERS/STRAWBERRIES/WATER</p>	<p>4- B:FRENCH TOAST/PEARS/MILK L:ROLY POLY ROLL UP/VEGGIE STICKS/ORANGES/MILK S:APPLES/CHEESE/WATER</p>	<p>5- B:CHEERIOS/BANANA/MILK L:SLOPPY JONES/CARROTS/CUCUMBER/MILK S:GOGURTS/ANIMAL CRACKERS/WATER</p>
<p>8- B:BLUEBERRY MUFFINS/GRAPES/MILK L:MACARONI/CHEESE/BROCCOLI /HONEYDEW S:BAGEL CHIPS/KIWI/WATER</p>	<p>9- B:BAGELS/CLEMENTINES/MILK L:BBQ CHICKEN/RICE/PEAS/PINEAPPLE/MILK S:SMOOTHIES</p>	<p>10- B:PORRIDGE/BLUEBERRIES/MILK L:BAKED HAM/NOODLES/MIXED VEGGIES/PEACHES/MILK S:GRAHAM CRACKERS/APPLES/MILK</p>	<p>11- B:EGG/CHEESE WRAP/PLUMS/MILK L:CHICKEN AND BISCUITS/MIXED VEGGIES/PEACHES/MILK S:MUSCLE MIX/APPLES/WATER</p>	<p>12- B:CHEX/STRAWBERRIES/MILK L:GRILLED CHEESE/ROASTED VEGGIES/STRAWBERRIES/MILK S:CHEESE/CRACKERS/WATER</p>
<p>15- B:ORANGE CRANBERRY MUFFINS/APPLES/MILK L:CHICKEN ALFREDO/GREEN BEANS/PEARS/MILK S:CHEESE/GRAPES/WATER</p>	<p>16- B:FRENCH TOAST/BERRIES/MILK L:BEEF AND BROCCOLI/RICE/PINEAPPLE/MILK S:VEGGIES/RITZ/WATER</p>	<p>17- B:CINNAMON TOAST/CLEMENTINES/MILK L:OPEN HOT TURKEY SANDWICH/MASHED POTATOES/CARROTS/MILK S:GOLDFISH/CANTALOUPE/WATER</p>	<p>18- B:SCRAMBLED EGGS/PEACHES/MILK L:WAFFLES/HOMEFRIES/YOGURT/STRAWBERRIES/MILK S:CHICKEN SALAD WRAP/WATER</p>	<p>19- B:TOTAL/BANANA/MILK L:ENGLISH MUFFIN PIZZA/GARDEN SALAD/HONEYDEW/MILK S:FRUIT SALSA/PITA CHIPS/WATER</p>
<p>22- B:SKY MUFFINS/GRAPES/MILK L:SPAGHETTI/MEAT SAUCE/PEAS/CANTALOUPE/MILK S:CUCUMBERS/RITZ/WATER</p>	<p>23- B:PANCAKES/BLUEBERRIES/MILK L:ITALIAN DUNKERS/MEAT SAUCE/MIXED VEGGIES/MIXED FRUIT/MILK S:ANIMAL CRACKERS/STRAWBERRIES/WATER</p>	<p>24- B:MAPLE ENGLISH MUFFINS/GRAPES/MILK L:SOFT BEEF TACO/CORN/PEACHES/MILK S:CHEESE QUESADILLAS/WATER</p>	<p>25- B:CINNAMON TOAST/BANANA/MILK L:MEATLOAF/MASHED POTATOES/CORN/DINNER ROLL/MILK S:APPLES/SUNBUTTER/WATER</p>	<p>26- B:SHREDDED WHEAT/STRAWBERRIES/MILK L:HAM AND CHEESE SANDWICH/DILLED CUCUMBERS/CLEMENTINES/MILK S:CHEESE/CRACKERS/WATER</p>
<p>/29- B:PUMPKIN MUFFINS/APPLES/MILK L:GOULASH/MEAT SAUCE/MIXED VEGGIES/KIWI S:GRAPES/RITZ/WATER</p>	<p>30- B:TOAST/PEARS/MIK L:SHEPHERDS PIE/HONEYDEW/MILK S:CHEESE/CRACKERS/WATER</p>	<p>31- B:RICE KRISPIES/BANANA/MILK L:SUN BUTTER JELLY SANDWICHES/CLEMENTINES/CARROTS/MILK S:GOLDFISH/GOGURTS/WATER</p>		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER. ALL ITEMS ARE HOMEMADE AND SUBJECT TO CHANGE
 CHILDREN AGES 1-2 YEARS RECEIVE WHOLE MILK. CHILDREN AGES 2 AND UP RECEIVE 1% MILK
 ALL ITEMS MARKED WITH A * ARE WHOLE GRAIN/WHOLE WHEAT