

LAKEVIEW CHILD CENTER MENU FOR 1-6 YR OLDS

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30 SEPT</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Cottage Cheese (1%)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Swedish Meatballs                      Tricolor Pasta                      Spinach                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>1</b>  <b>Breakfast:</b>                      Pineapple-Corn Muffin (EW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Boston Baked Pinto Beans (onions)                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Cream Cheese                      Green Pepper Strips                      Diced Tomatoes (Inf only)</p>	<p><b>2</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Peaches                      Milk</p> <p><b>Lunch:</b>                      Pizza w/Extra Cheese                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cottage Cheese (1%)                      Water</p>	<p><b>3</b>  <b>Breakfast:</b>                      Breakfast Burrito (egg patty on wheat tortilla (WW)) w/Salsa                      Mango                      Milk</p> <p><b>Lunch:</b>                      Macaroni &amp; Cheese Alfredo (WG)                      Black Bean &amp; Corn Salad                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>4</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Mozzarella Cheese                      Pears                      Milk</p> <p><b>Lunch:</b>                      Grilled Seasoned Chicken Breast                      Wheat Bread (EW)                      Broccoli                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Cantaloupe                      Water</p>
<p><b>7</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Hard Boiled Egg                      Pineapple                      Milk</p> <p><b>Lunch:</b>                      Huli Huli Chicken                      Couscous (W)                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cucumbers                      Water</p>	<p><b>8</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Cheddar Cheese                      Watermelon                      Milk</p> <p><b>Lunch:</b>                      Fish Curry                      Tri-color Pasta (S)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>9</b>  <b>Breakfast:</b>                      Carrot Whole Wheat Muffin (WW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Ground Turkey Stroganoff                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      American Cheese                      Sliced Tomato                      Water</p>	<p><b>10</b>  <b>Breakfast:</b>                      Wheat Tortilla (WW)                      Cottage Cheese (1%)                      Bananas (I/T only)                      Oranges                      Milk</p> <p><b>Lunch:</b>                      Grilled American Cheese on Wheat Bread (EW)                      Italian Bean Salad (chickpeas, green beans)                      Cauliflower                      Watermelon                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>11</b>  <b>Breakfast:</b>                      Bagel (EW)                      Vanilla Greek Yogurt (FF)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Mexican Beef &amp; Macaroni (WG) (onion, green pepper, celery, tomato)                      Carrots                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      Yogurt Ranch Dip                      Green Pepper Strips                      Diced Tomatoes (Inf only)                      Water</p>
<p><b>14</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Vanilla Greek Yogurt (FF)                      Peaches                      Milk</p> <p><b>Lunch:</b>                      Southwestern Vegetable Bake (corn, tomatoes, onions, olives)                      Brown Rice (WG)                      Peas                      Banana                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      Cucumbers                      Ranch Dressing                      Water</p>	<p><b>15</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      American Cheese                      Pears                      Milk</p> <p><b>Lunch:</b>                      Chicken Salad                      Pita Bread (WW)                      Green Beans                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Bagel (EW)                      Sliced Tomato                      Water</p>	<p><b>16</b>  <b>Breakfast:</b>                      Bagel (EW) w/Grape Jelly                      Cottage Cheese (1%)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Hamburger                      Wheat Bread (EW)                      Sweet Potatoes                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Peaches                      Water</p>	<p><b>17</b>  <b>Breakfast:</b>                      Blueberry Oatmeal Muffin (WG)                      Vanilla Greek Yogurt (FF)                      Pineapple                      Milk</p> <p><b>Lunch:</b>                      Cheese Ravioli (E) w/Basil Pesto Sauce                      Mozzarella Cheese                      Carrots                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Hummus                      Pears                      Water</p>	<p><b>18</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Watermelon                      Milk</p> <p><b>Lunch:</b>                      Ground Turkey Primavera                      Couscous (W)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Wheat Tortilla (WW) w/Grape Jelly                      Mango                      Water</p>
<p><b>21</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Cottage Cheese (1%)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Swedish Meatballs                      Tricolor Pasta                      Spinach                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>22</b>  <b>Breakfast:</b>                      Pineapple-Corn Muffin (EW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Boston Baked Pinto Beans (onions)                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Cream Cheese                      Green Pepper Strips                      Diced Tomatoes (Inf only)</p>	<p><b>23</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Peaches                      Milk</p> <p><b>Lunch:</b>                      Pizza w/Extra Cheese                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cottage Cheese (1%)                      Water</p>	<p><b>24</b>  <b>Breakfast:</b>                      Breakfast Burrito (egg patty on wheat tortilla (WW)) w/Salsa                      Mango                      Milk</p> <p><b>Lunch:</b>                      Macaroni &amp; Cheese Alfredo (WG)                      Black Bean &amp; Corn Salad                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>25</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Mozzarella Cheese                      Pears                      Milk</p> <p><b>Lunch:</b>                      Grilled Seasoned Chicken Breast                      Wheat Bread (EW)                      Broccoli                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Cantaloupe                      Water</p>
<p><b>28</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Hard Boiled Egg                      Pineapple                      Milk</p> <p><b>Lunch:</b>                      Huli Huli Chicken                      Couscous (W)                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cucumbers                      Water</p>	<p><b>29</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Cheddar Cheese                      Watermelon                      Milk</p> <p><b>Lunch:</b>                      Fish Curry                      Tri-color Pasta (S)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>30</b>  <b>Breakfast:</b>                      Carrot Whole Wheat Muffin (WW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Ground Turkey Stroganoff                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      American Cheese                      Sliced Tomato                      Water</p>	<p><b>31</b>  <b>Breakfast:</b>                      Wheat Tortilla (WW)                      Cottage Cheese (1%)                      Bananas (I/T only)                      Oranges                      Milk</p> <p><b>Lunch:</b>                      Grilled American Cheese on Wheat Bread (EW)                      Italian Bean Salad (chickpeas, green beans)                      Cauliflower                      Watermelon                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p align="center"><b>KEY</b></p> <p>Milk served for breakfast &amp; lunch is whole/1%/skim</p> <p>WG = whole grain                      EW = enriched wheat                      FF = fat free                      WW = whole wheat                      E = enriched                      S = semolina                      W = wheat</p>

LAKEVIEW CHILD CENTER VEGETARIAN MENU FOR 1-6 YR OLDS

OCT 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30 SEPT</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Cottage Cheese (1%)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Veggie Burger                      Tricolor Pasta                      Spinach                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>1</b>  <b>Breakfast:</b>                      Pineapple-Corn Muffin (EW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Boston Baked Pinto Beans (onions)                      Brown Rice (WG)                      Peas                      Mango                              Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Water                      Cream Cheese                      Green Pepper Strips                      Diced Tomatoes (Inf only)</p>	<p><b>2</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Peaches                              Milk</p> <p><b>Lunch:</b>                      Pizza w/Extra Cheese                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cottage Cheese (1%)                      Water</p>	<p><b>3</b>  <b>Breakfast:</b>                      Breakfast Burrito (egg patty on wheat tortilla (WW)) w/Salsa                      Mango                              Milk</p> <p><b>Lunch:</b>                      Macaroni &amp; Cheese Alfredo (WG)                      Black Bean &amp; Corn Salad                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>4</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Mozzarella Cheese                      Peas                      Milk</p> <p><b>Lunch:</b>                      Egg Patty                      Wheat Bread (EW)                      Broccoli                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Water                      Cantaloupe</p>
<p><b>7</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Hard Boiled Egg                      Pineapple                      Milk</p> <p><b>Lunch:</b>                      Cheddar Cheese                      Couscous (W)                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cucumbers                      Water</p>	<p><b>8</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Cheddar Cheese                      Watermelon                      Milk</p> <p><b>Lunch:</b>                      Egg Patty                      Tri-color Pasta (S)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>9</b>  <b>Breakfast:</b>                      Carrot Whole Wheat Muffin (WW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Vegetarian Beans                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      American Cheese                      Sliced Tomato                      Water</p>	<p><b>10</b>  <b>Breakfast:</b>                      Wheat Tortilla (WW)                      Cottage Cheese (1%)                      Oranges                      Bananas (I/T only)                      Milk</p> <p><b>Lunch:</b>                      Grilled American Cheese on Wheat Bread (EW)                      Italian Bean Salad (chickpeas, green beans)                      Cauliflower                      Watermelon                              Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>11</b>  <b>Breakfast:</b>                      Bagel (EW)                      Vanilla Greek Yogurt (FF)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Chickpeas                      Macaroni (WG)                      Carrots                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      Water                      Yogurt Ranch Dip                      Green Pepper Strips                      Diced Tomatoes (Inf only)</p>
<p><b>14</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Vanilla Greek Yogurt (FF)                      Peaches                              Milk</p> <p><b>Lunch:</b>                      Southwestern Vegetable Bake (corn, tomatoes, onions, olives)                      Brown Rice (WG)                      Peas                      Banana                                  Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      Cucumbers                      Ranch Dressing                      Water</p>	<p><b>15</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      American Cheese                      Peas                                      Milk</p> <p><b>Lunch:</b>                      Vegetarian Beans                      Pita Bread (WW)                      Green Beans                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Bagel (EW)                      Sliced Tomato                      Cheddar Cheese                      Water</p>	<p><b>16</b>  <b>Breakfast:</b>                      Bagel (EW) w/Grape Jelly                      Cottage Cheese (1%)                      Apples                                  Milk</p> <p><b>Lunch:</b>                      Veggie Burger                      Wheat Bread (EW)                      Sweet Potatoes                      Mango                                  Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Peaches                      Water</p>	<p><b>17</b>  <b>Breakfast:</b>                      Blueberry Oatmeal Muffin (WG)                      Vanilla Greek Yogurt (FF)                      Pineapple                              Milk</p> <p><b>Lunch:</b>                      Cheese Ravioli (E) w/Basil Pesto Sauce                      Mozzarella Cheese                      Carrots                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Hummus                                  Water                      Peas</p>	<p><b>18</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Watermelon                              Milk</p> <p><b>Lunch:</b>                      Chick Peas                      Couscous (W)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Wheat Tortilla (WW) w/Grape Jelly                      Mango                      Water</p>
<p><b>21</b>  <b>Breakfast:</b>                      Pancakes (EW)                      Cottage Cheese (1%)                      Apples                      Milk</p> <p><b>Lunch:</b>                      Veggie Burger                      Tricolor Pasta                      Spinach                      Peas                      Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p><b>22</b>  <b>Breakfast:</b>                      Pineapple-Corn Muffin (EW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Boston Baked Pinto Beans (onions)                      Brown Rice (WG)                      Peas                      Mango                                  Milk</p> <p><b>PM Snack:</b>                      Pita Bread (WW)                      Water                      Cream Cheese                      Green Pepper Strips                      Diced Tomatoes (Inf only)</p>	<p><b>23</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Hard Boiled Egg                      Peaches                                  Milk</p> <p><b>Lunch:</b>                      Pizza w/Extra Cheese                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cottage Cheese (1%)                      Water</p>	<p><b>24</b>  <b>Breakfast:</b>                      Breakfast Burrito (egg patty on wheat tortilla (WW)) w/Salsa                      Mango                                  Milk</p> <p><b>Lunch:</b>                      Macaroni &amp; Cheese Alfredo (WG)                      Black Bean &amp; Corn Salad                      Applesauce                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>25</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Mozzarella Cheese                      Peas                      Milk</p> <p><b>Lunch:</b>                      Egg Patty                      Wheat Bread (EW)                      Broccoli                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Graham Crackers (E)                      Water                      Cantaloupe</p>
<p><b>28</b>  <b>Breakfast:</b>                      Kix Cereal (WG)                      Hard Boiled Egg                      Pineapple                      Milk</p> <p><b>Lunch:</b>                      Cheddar Cheese                      Couscous (W)                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk</p> <p><b>PM Snack:</b>                      Baked Soft Pretzel (EW)                      Cucumbers                      Water</p>	<p><b>29</b>  <b>Breakfast:</b>                      Toasty O's Cereal (WG)                      Cheddar Cheese                      Watermelon                      Milk</p> <p><b>Lunch:</b>                      Egg Patty                      Tri-color Pasta (S)                      Corn                      Pineapple                      Milk</p> <p><b>PM Snack:</b>                      Vanilla Greek Yogurt (FF)                      Oranges                      Bananas (I/T only)                      Water</p>	<p><b>30</b>  <b>Breakfast:</b>                      Carrot Whole Wheat Muffin (WW)                      Vanilla Greek Yogurt (FF)                      Cantaloupe                      Milk</p> <p><b>Lunch:</b>                      Vegetarian Beans                      Brown Rice (WG)                      Peas                      Mango                      Milk</p> <p><b>PM Snack:</b>                      Saltine Crackers (E)                      American Cheese                      Sliced Tomato                      Water</p>	<p><b>31</b>  <b>Breakfast:</b>                      Wheat Tortilla (WW)                      Cottage Cheese (1%)                      Oranges                      Bananas (I/T only)                      Milk</p> <p><b>Lunch:</b>                      Grilled American Cheese on Wheat Bread (EW)                      Italian Bean Salad (chickpeas, green beans)                      Cauliflower                      Watermelon                              Milk</p> <p><b>PM Snack:</b>                      Toasty O's Cereal (WG)                      Cucumbers                      Water</p>	<p style="text-align: center;"><b>KEY</b></p> <p>Milk served for breakfast &amp; lunch is whole/1%/skim</p> <p>WG = whole grain                      EW = enriched wheat                      FF = fat free                      WW = whole wheat                      E = enriched                      S = semolina                      W = wheat</p>