

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1 JULY</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Bananas                      Cottage Cheese                      Milk  <b>Lunch:</b>                      Soy Butter &amp; Grape Jelly on Wheat Tortilla                      Green Beans                      Pineapple                      Milk  <b>PM Snack:</b>                      English Muffin                      Swiss Cheese                      Sliced Cucumbers                      Water</p>	<p><b>2</b>  <b>Breakfast:</b>                      Cinnamon Applesauce Muffin                      Soy Butter                      Peaches                      Milk  <b>Lunch:</b>                      Chickpeas                      Brown Rice                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Cheddar Cheese                      Wheat Tortilla Rollup                      Sliced Tomato                      Water</p>	<p><b>3</b></p> <p><b>CLOSED</b></p>
<p><b>6</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Pineapple                      Hard Boiled Egg                      Milk  <b>Lunch:</b>                      Veggie Burger                      Wheat Roll                      Broccoli                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Bagel                      Swiss Cheese                      Sliced Tomato                      Water</p>	<p><b>7</b>  <b>Breakfast:</b>                      Pita Bread                      Soy Butter                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Mozzarella Cheese on Wheat Bread                      Mashed Potatoes                      Pears                      Milk  <b>PM Snack:</b>                      Soft Baked Pretzel                      Applesauce                      Water</p>	<p><b>8</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Peaches                      Milk  <b>Lunch:</b>                      Macaroni &amp; Cheese                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Apples                      Vanilla Yogurt                      Water</p>	<p><b>9</b>  <b>Breakfast:</b>                      Bagel w/Grape Jelly                      Pears                      Cheddar Cheese                      Milk  <b>Lunch:</b>                      Egg Patty                      Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes                      Shell Pasta                      Pineapple                      Milk  <b>PM Snack:</b>                      Graham Cracker                      Watermelon                      Water</p>	<p><b>10</b>  <b>Breakfast:</b>                      Blueberry Whole Wheat Muffin                      Vanilla Yogurt                      Bananas                      Milk  <b>Lunch:</b>                      Lentils of the Southwest (onions, carrots, tomatoes)                      Wheat Bread                      Sweet Potatoes                      Peaches                      Milk  <b>PM Snack:</b>                      Pita Bread                      Soy Butter                      Sliced Cucumbers                      Water</p>
<p><b>13</b>  <b>Breakfast:</b>                      Wheat Bread                      Soy Butter                      Apples                      Milk  <b>Lunch:</b>                      Pizza w/extra cheese                      Three Bean Salad (wax beans, green beans, kidney beans)                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Banana                      Soft Pretzel                      Water</p>	<p><b>14</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Egg Patty                      Brown Rice                      Peas                      Pears                      Milk  <b>PM Snack:</b>                      Wheat Tortilla                      Cantaloupe                      Water</p>	<p><b>15</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Mandarin Oranges                      Milk  <b>Lunch:</b>                      Vegetarian Beans                      Couscous                      Mixed Vegetables (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk  <b>PM Snack:</b>                      Graham Cracker      Pears                      Water</p>	<p><b>16</b>  <b>Breakfast:</b>                      Oatmeal                      Cheddar Cheese                      Apples                      Milk  <b>Lunch:</b>                      Veggie Burger                      Macaroni                      Corn                      Pineapple                      Milk  <b>PM Snack:</b>                      Sliced Tomato      Saltine Cracker                      Ranch Dressing      Water</p>	<p><b>17</b>  <b>Breakfast:</b>                      Pancakes                      Hard Boiled Egg                      Applesauce                      Milk  <b>Lunch:</b>                      Mexicali Beans (onions, tomatoes)                      Wheat Tortilla                      Carrots                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Pineapple Corn Muffin                      Banana                      Water</p>
<p><b>20</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Applesauce                      Milk  <b>Lunch:</b>                      Cheese Ravioli w/Pesto Cream Sauce                      Mozzarella Cheese                      Spinach                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Soy Butter on Wheat Bread                      Peaches                      Water</p>	<p><b>21</b>  <b>Breakfast:</b>                      Egg Patty                      English Muffin                      Apples                      Milk  <b>Lunch:</b>                      Veggie Burger                      Tricolor Pasta                      Peas                      Peaches                      Milk  <b>PM Snack:</b>                      Oranges/Bananas (I/T only)                      Graham Crackers                      Water</p>	<p><b>22</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Bananas                      Cottage Cheese                      Milk  <b>Lunch:</b>                      Soy Butter &amp; Jelly on Wheat Tortilla                      Green Beans                      Pineapple                      Milk  <b>PM Snack:</b>                      English Muffin                      Swiss Cheese                      Sliced Cucumbers                      Water</p>	<p><b>23</b>  <b>Breakfast:</b>                      Cinnamon Applesauce Muffin                      Soy Butter                      Peaches                      Milk  <b>Lunch:</b>                      Vegetarian Beans                      Brown Rice                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Cheddar Cheese                      Wheat Tortilla Rollup                      Sliced Tomato                      Water</p>	<p><b>24</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Vanilla Yogurt                      Cantaloupe                      Milk  <b>Lunch:</b>                      Grilled American Cheese on Wheat Bread                      Vegetarian Vegetable Soup (Tomatoes, celery, carrots, onion, bell peppers)                      Pears                      Milk  <b>PM Snack:</b>                      Pita Bread      Hummus                      Green Pepper Strips                      Diced tomatoes ( Inf only)                      Water</p>
<p><b>27</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Pineapple                      Hard Boiled Egg                      Milk  <b>Lunch:</b>                      Veggie Burger                      Wheat Roll                      Broccoli                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Bagel                      Swiss Cheese                      Sliced Tomato                      Water</p>	<p><b>28</b>  <b>Breakfast:</b>                      Pita Bread                      Soy Butter                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Mozzarella Cheese on Wheat Bread                      Mashed Potatoes                      Pears                      Milk  <b>PM Snack:</b>                      Soft Baked Pretzel                      Applesauce                      Water</p>	<p><b>29</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Peaches                      Milk  <b>Lunch:</b>                      Macaroni &amp; Cheese                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Apples                      Vanilla Yogurt                      Water</p>	<p><b>30</b>  <b>Breakfast:</b>                      Bagel w/Grape Jelly                      Pears                      Cheddar Cheese                      Milk  <b>Lunch:</b>                      Egg Patty                      Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes                      Shell Pasta                      Pineapple                      Milk  <b>PM Snack:</b>                      Graham Cracker                      Watermelon                      Water</p>	<p><b>31</b>  <b>Breakfast:</b>                      Blueberry Whole Wheat Muffin                      Vanilla Yogurt                      Bananas                      Milk  <b>Lunch:</b>                      Lentils of the Southwest (onions, carrots, tomatoes)                      Wheat Bread                      Sweet Potatoes                      Peaches                      Milk  <b>PM Snack:</b>                      Pita Bread                      Soy Butter                      Sliced Cucumbers                      Water</p>

LAKEVIEW CHILD CENTER VEGGIE MENU FOR 1-6 YR OLDS

AUGUST 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b>  <b>Breakfast:</b>                      Wheat Bread                      Soy Butter                      Apples                      Milk  <b>Lunch:</b>                      Pizza w/extra cheese                      Three Bean Salad (wax beans, green beans, kidney beans)                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Banana                      Soft Pretzel                      Water</p>	<p><b>4</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Egg Patty                      Brown Rice                      Peas                      Pears                      Milk  <b>PM Snack:</b>                      Wheat Tortilla                      Cantaloupe                      Water</p>	<p><b>5</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Mandarin Oranges                      Milk  <b>Lunch:</b>                      Vegetarian Beans                      Couscous                      Mixed Vegetables                      (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk  <b>PM Snack:</b>                      Graham Cracker      Pears                      Water</p>	<p><b>6</b>  <b>Breakfast:</b>                      Oatmeal                      Cheddar Cheese                      Apples                      Milk  <b>Lunch:</b>                      Veggie Burger                      Macaroni                      Corn                      Pineapple                      Milk  <b>PM Snack:</b>                      Sliced Tomato                      Saltine Cracker                      Ranch Dressing                      Water</p>	<p><b>7</b>  <b>Breakfast:</b>                      Pancakes                      Hard Boiled Egg                      Applesauce                      Milk  <b>Lunch:</b>                      Mexicali Beans (onions, tomatoes)                      Wheat Tortilla                      Carrots                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Pineapple Corn Muffin                      Banana                      Water</p>
<p><b>10</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Applesauce                      Milk  <b>Lunch:</b>                      Cheese Ravioli w/Pesto Cream Sauce                      Mozzarella Cheese                      Spinach                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Soy Butter on Wheat Bread                      Peaches                      Water</p>	<p><b>11</b>  <b>Breakfast:</b>                      Egg Patty                      English Muffin                      Apples                      Milk  <b>Lunch:</b>                      Veggie Burger                      Tricolor Pasta                      Peas                      Peaches                      Milk  <b>PM Snack:</b>                      Oranges/Bananas (I/T only)                      Graham Crackers                      Water</p>	<p><b>12</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Bananas                      Cottage Cheese                      Milk  <b>Lunch:</b>                      Soy Butter &amp; Grape Jelly on Wheat Tortilla                      Green Beans                      Pineapple                      Milk  <b>PM Snack:</b>                      English Muffin                      Swiss Cheese                      Sliced Cucumbers                      Water</p>	<p><b>13</b>  <b>Breakfast:</b>                      Cinnamon Applesauce Muffin                      Soy Butter                      Peaches                      Milk  <b>Lunch:</b>                      Vegetarian Beans                      Brown Rice                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Cheddar Cheese                      Wheat Tortilla Rollup                      Sliced Tomato                      Water</p>	<p><b>14</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Vanilla Yogurt                      Cantaloupe                      Milk  <b>Lunch:</b>                      Grilled American Cheese on Wheat Bread                      Vegetarian Vegetable Soup (Tomatoes, celery, carrots, onion, bell peppers)                      Pears                      Milk  <b>PM Snack:</b>                      Pita Bread      Hummus                      Green Pepper Strips                      Diced tomatoes ( Inf only)                      Water</p>
<p><b>17</b>  <b>Breakfast:</b>                      Rice Crispy Cereal                      Pineapple                      Hard Boiled Egg                      Milk  <b>Lunch:</b>                      Veggie Burger                      Wheat Roll                      Broccoli                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Bagel                      Swiss Cheese                      Sliced Tomato                      Water</p>	<p><b>18</b>  <b>Breakfast:</b>                      Pita Bread                      Soy Butter                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Mozzarella Cheese on Wheat Bread                      Mashed Potatoes                      Peas                      Milk  <b>PM Snack:</b>                      Soft Baked Pretzel                      Applesauce                      Water</p>	<p><b>19</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Peaches                      Milk  <b>Lunch:</b>                      Macaroni &amp; Cheese                      Carrots                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Apples                      Vanilla Yogurt                      Water</p>	<p><b>20</b>  <b>Breakfast:</b>                      Bagel w/Grape Jelly                      Pears                      Cheddar Cheese                      Milk  <b>Lunch:</b>                      Egg Patty                      Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes                      Shell Pasta                      Pineapple                      Milk  <b>PM Snack:</b>                      Graham Cracker                      Watermelon                      Water</p>	<p><b>21</b>  <b>Breakfast:</b>                      Blueberry Whole Wheat Muffin                      Vanilla Yogurt                      Bananas                      Milk  <b>Lunch:</b>                      Lentils of the Southwest (onions, carrots, tomatoes)                      Wheat Bread                      Sweet Potatoes                      Peaches                      Milk  <b>PM Snack:</b>                      Pita Bread                      Soy Butter                      Sliced Cucumbers                      Water</p>
<p><b>24</b>  <b>Breakfast:</b>                      Wheat Bread                      Soy Butter                      Apples                      Milk  <b>Lunch:</b>                      Pizza w/extra cheese                      Three Bean Salad (wax beans, green beans, kidney beans)                      Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana)                      Milk  <b>PM Snack:</b>                      Banana                      Soft Pretzel                      Water</p>	<p><b>25</b>  <b>Breakfast:</b>                      Corn Flakes Cereal                      Cottage Cheese                      Oranges/Bananas (I/T only)                      Milk  <b>Lunch:</b>                      Egg Patty                      Brown Rice                      Peas                      Pears                      Milk  <b>PM Snack:</b>                      Wheat Tortilla                      Cantaloupe                      Water</p>	<p><b>26</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Mandarin Oranges                      Milk  <b>Lunch:</b>                      Vegetarian Beans                      Couscous                      Mixed Vegetables                      (carrots, corn, green beans, peas, lima beans)                      Peaches                      Milk  <b>PM Snack:</b>                      Graham Cracker                      Pears                      Water</p>	<p><b>27</b>  <b>Breakfast:</b>                      Oatmeal                      Cheddar Cheese                      Apples                      Milk  <b>Lunch:</b>                      Veggie Burger                      Macaroni                      Corn                      Pineapple                      Milk  <b>PM Snack:</b>                      Sliced Tomato                      Saltine Cracker                      Ranch Dressing                      Water</p>	<p><b>28</b>  <b>Breakfast:</b>                      Pancakes                      Hard Boiled Egg                      Applesauce                      Milk  <b>Lunch:</b>                      Mexicali Beans (onions, tomatoes)                      Wheat Tortilla                      Carrots                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Pineapple Corn Muffin                      Banana                      Water</p>
<p><b>31</b>  <b>Breakfast:</b>                      Toasty O Cereal                      Vanilla Yogurt                      Applesauce                      Milk  <b>Lunch:</b>                      Cheese Ravioli w/Pesto Cream Sauce                      Mozzarella Cheese                      Spinach                      Mandarin Oranges                      Milk  <b>PM Snack:</b>                      Soy Butter on Wheat Bread                      Peaches                      Water</p>				

# LAKEVIEW CHILD CENTER VEGGIE MENU FOR 1-6 YR OLDS    SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> <b>Breakfast:</b> Egg Patty English Muffin Apples Milk <b>Lunch:</b> Veggie Burger Tricolor Pasta Peas Peaches Milk <b>PM Snack:</b> Oranges/Bananas (I/T only) Graham Crackers Water</p>	<p><b>2</b> <b>Breakfast:</b> Rice Crispy Cereal Bananas Cottage Cheese Milk <b>Lunch:</b> Soy Butter &amp; Grape Jelly on Wheat Tortilla Green Beans Pineapple Milk <b>PM Snack:</b> English Muffin Swiss Cheese Sliced Cucumbers Water</p>	<p><b>3</b> <b>Breakfast:</b> Cinnamon Applesauce Muffin Soy Butter Peaches Milk <b>Lunch:</b> Vegetarian Beans Brown Rice Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Cheddar Cheese Wheat Tortilla Rollup Sliced Tomato Water</p>	<p><b>4</b> <b>Breakfast:</b> Corn Flakes Cereal Vanilla Yogurt Cantaloupe Milk <b>Lunch:</b> Grilled American Cheese on Wheat Bread Vegetarian Vegetable Soup (Tomatoes, celery, carrots, onion, bell peppers) Pears Milk <b>PM Snack:</b> Pita Bread                      Hummus Green Pepper Strips Diced tomatoes ( Inf only) Water</p>
<b>CLOSED</b>	<p><b>8</b> <b>Breakfast:</b> Pita Bread Soy Butter Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Veggie Burger Wheat Roll Broccoli Mandarin Oranges Milk <b>PM Snack:</b> Soft Baked Pretzel Applesauce Water</p>	<p><b>9</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Peaches Milk <b>Lunch:</b> Macaroni &amp; Cheese Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Apples Vanilla Yogurt Water</p>	<p><b>10</b> <b>Breakfast:</b> Bagel w/ Grape Jelly Pears Cheddar Cheese Milk <b>Lunch:</b> Egg Patty Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes Shell Pasta Pineapple Milk <b>PM Snack:</b> Graham Cracker Watermelon Water</p>	<p><b>11</b> <b>Breakfast:</b> Blueberry Whole Wheat Muffin Vanilla Yogurt Bananas Milk <b>Lunch:</b> Lentils of the Southwest (onions, carrots, tomatoes) Wheat Bread Sweet Potatoes Peaches Milk <b>PM Snack:</b> Pita Bread Soy Butter Sliced Cucumbers Water</p>
<p><b>14</b> <b>Breakfast:</b> Wheat Bread Soy Butter Apples Milk <b>Lunch:</b> Pizza w/extra cheese Three Bean Salad (wax beans, green beans, kidney beans) Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Banana Soft Pretzel Water</p>	<p><b>15</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Egg Patty Brown Rice Peas Pears Milk <b>PM Snack:</b> Wheat Tortilla Cantaloupe Water</p>	<p><b>16</b> <b>Breakfast:</b> Toasty O Cereal Vanilla Yogurt Mandarin Oranges Milk <b>Lunch:</b> Vegetarian Beans Couscous Mixed Vegetables (carrots, corn, green beans, peas, lima beans) Peaches Milk <b>PM Snack:</b> Graham Cracker Pears Water</p>	<p><b>17</b> <b>Breakfast:</b> Oatmeal Cheddar Cheese Apples Milk <b>Lunch:</b> Veggie Burger Macaroni Corn Pineapple Milk <b>PM Snack:</b> Sliced Tomato    Saltine Cracker Ranch Dressing    Water</p>	<p><b>18</b> <b>Breakfast:</b> Pancakes Hard Boiled Egg Applesauce Milk <b>Lunch:</b> Mexicali Beans (onions, tomatoes) Wheat Tortilla Carrots Mandarin Oranges Milk <b>PM Snack:</b> Pineapple Corn Muffin Banana Water</p>
<p><b>21</b> <b>Breakfast:</b> Toasty O Cereal Vanilla Yogurt Applesauce Milk <b>Lunch:</b> Cheese Ravioli w/Pesto Cream Sauce Mozzarella Cheese Spinach Mandarin Oranges Milk <b>PM Snack:</b> Soy Butter on Wheat Bread Peaches Water</p>	<p><b>22</b> <b>Breakfast:</b> Egg Patty English Muffin Apples Milk <b>Lunch:</b> Veggie Burger Tricolor Pasta Peas Peaches Milk <b>PM Snack:</b> Oranges/Bananas (I/T only) Graham Crackers Water</p>	<p><b>23</b> <b>Breakfast:</b> Rice Crispy Cereal Bananas Cottage Cheese Milk <b>Lunch:</b> Soy Butter &amp; Grape Jelly on Wheat Tortilla Green Beans Pineapple Milk <b>PM Snack:</b> English Muffin Swiss Cheese Sliced Cucumbers Water</p>	<p><b>24</b> <b>Breakfast:</b> Cinnamon Applesauce Muffin Soy Butter Peaches Milk <b>Lunch:</b> Vegetarian Beans Brown Rice Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Cheddar Cheese Wheat Tortilla Rollup Sliced Tomato Water</p>	<p><b>25</b> <b>Breakfast:</b> Corn Flakes Cereal Vanilla Yogurt Cantaloupe Milk <b>Lunch:</b> Grilled American Cheese on Wheat Bread Vegetarian Vegetable Soup (Tomatoes, celery, carrots, onion, bell peppers) Pears Milk <b>PM Snack:</b> Pita Bread                      Hummus Green Pepper Strips Diced tomatoes ( Inf only) Water</p>
<p><b>28</b> <b>Breakfast:</b> Rice Crispy Cereal Pineapple Hard Boiled Egg Milk <b>Lunch:</b> Veggie Burger Wheat Roll Broccoli Mandarin Oranges Milk <b>PM Snack:</b> Bagel Swiss Cheese Sliced Tomato Water</p>	<p><b>29</b> <b>Breakfast:</b> Pita Bread Soy Butter Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Mozzarella Cheese on Wheat Bread Mashed Potatoes Pears Milk <b>PM Snack:</b> Soft Baked Pretzel Applesauce Water</p>	<p><b>30</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Peaches Milk <b>Lunch:</b> Macaroni &amp; Cheese Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Apples Vanilla Yogurt Water</p>		

# LAKEVIEW CHILD CENTER VEGGIE MENU FOR 1-6 YR OLDS    OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> <b>Breakfast:</b> Bagel w/ Grape Jelly Pears Cheddar Cheese Milk <b>Lunch:</b> Egg Patty Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes Shell Pasta Pineapple Milk <b>PM Snack:</b> Graham Cracker Watermelon Water</p>	<p><b>2</b> <b>Breakfast:</b> Blueberry Whole Wheat Muffin Vanilla Yogurt Bananas Milk <b>Lunch:</b> Lentils of the Southwest (onions, carrots, tomatoes) Wheat Bread Sweet Potatoes Peaches Milk <b>PM Snack:</b> Pita Bread Soy Butter Sliced Cucumbers Water</p>
<p><b>5</b> <b>Breakfast:</b> Wheat Bread Soy Butter Apples Milk <b>Lunch:</b> Pizza w/extra cheese Three Bean Salad (wax beans, green beans, kidney beans) Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Banana Soft Pretzel Water</p>	<p><b>6</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Egg Patty Brown Rice Peas Pears Milk <b>PM Snack:</b> Wheat Tortilla Cantaloupe Water</p>	<p><b>7</b> <b>Breakfast:</b> Toasty O Cereal Vanilla Yogurt Mandarin Oranges Milk <b>Lunch:</b> Vegetarian Beans Couscous Mixed Vegetables (carrots, corn, green beans, peas, lima beans) Peaches Milk <b>PM Snack:</b> Graham Cracker Pears Water</p>	<p><b>8</b> <b>Breakfast:</b> Oatmeal Cheddar Cheese Apples Milk <b>Lunch:</b> Veggie Burger Macaroni Corn Pineapple Milk <b>PM Snack:</b> Sliced Tomato    Saltine Cracker Ranch Dressing    Water</p>	<p><b>9</b> <b>Breakfast:</b> Pancakes Hard Boiled Egg Applesauce Milk <b>Lunch:</b> Mexicali Beans (onions, tomatoes) Wheat Tortilla Carrots Mandarin Oranges Milk <b>PM Snack:</b> Pineapple Corn Muffin Banana Water</p>
<p><b>12</b> <b>Breakfast:</b> Toasty O Cereal Vanilla Yogurt Applesauce Milk <b>Lunch:</b> Cheese Ravioli w/Pesto Cream Sauce Mozzarella Cheese Spinach Mandarin Oranges Milk <b>PM Snack:</b> Soy Butter on Wheat Bread Peaches Water</p>	<p><b>13</b> <b>Breakfast:</b> Egg Patty English Muffin Apples Milk <b>Lunch:</b> Veggie Burger Tricolor Pasta Peas Peaches Milk <b>PM Snack:</b> Oranges/Bananas (I/T only) Graham Crackers Water</p>	<p><b>14</b> <b>Breakfast:</b> Rice Crispy Cereal Bananas Cottage Cheese Milk <b>Lunch:</b> Soy Butter &amp; Grape Jelly on Wheat Tortilla Green Beans Pineapple Milk <b>PM Snack:</b> English Muffin Swiss Cheese Sliced Cucumbers Water</p>	<p><b>15</b> <b>Breakfast:</b> Cinnamon Applesauce Muffin Soy Butter Peaches Milk <b>Lunch:</b> Vegetarian Beans Brown Rice Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Cheddar Cheese Wheat Tortilla Rollup Sliced Tomato Water</p>	<p><b>16</b> <b>Breakfast:</b> Corn Flakes Cereal Vanilla Yogurt Cantaloupe Milk <b>Lunch:</b> Grilled American Cheese on Wheat Bread Vegetarian Vegetable Soup (Tomatoes, celery, carrots, onion, bell peppers) Pears Milk <b>PM Snack:</b> Pita Bread                    Hummus Green Pepper Strips Diced tomatoes ( Inf only) Water</p>
<p><b>19</b> <b>Breakfast:</b> Rice Crispy Cereal Pineapple Hard Boiled Egg Milk <b>Lunch:</b> Veggie Burger Wheat Roll Broccoli Mandarin Oranges Milk <b>PM Snack:</b> Bagel Swiss Cheese Sliced Tomato Water</p>	<p><b>20</b> <b>Breakfast:</b> Pita Bread Soy Butter Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Mozzarella Cheese on Wheat Bread Mashed Potatoes Peas Milk <b>PM Snack:</b> Soft Baked Pretzel Applesauce Water</p>	<p><b>21</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Peaches Milk <b>Lunch:</b> Macaroni &amp; Cheese Carrots Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Apples Vanilla Yogurt Water</p>	<p><b>22</b> <b>Breakfast:</b> Bagel w/ Grape Jelly Pears Cheddar Cheese Milk <b>Lunch:</b> Egg Patty Zucchini, carrots, cauliflower, baby lima beans, Italian green beans, tomatoes Shell Pasta Pineapple Milk <b>PM Snack:</b> Graham Cracker Watermelon Water</p>	<p><b>23</b> <b>Breakfast:</b> Blueberry Whole Wheat Muffin Vanilla Yogurt Bananas Milk <b>Lunch:</b> Lentils of the Southwest (onions, carrots, tomatoes) Wheat Bread Sweet Potatoes Peaches Milk <b>PM Snack:</b> Pita Bread Soy Butter Sliced Cucumbers Water</p>
<p><b>26</b> <b>Breakfast:</b> Wheat Bread Soy Butter Apples Milk <b>Lunch:</b> Pizza w/extra cheese Three Bean Salad (wax beans, green beans, kidney beans) Fruit Salad (red &amp; yellow papaya, guave, pineapple, &amp; banana) Milk <b>PM Snack:</b> Banana Soft Pretzel Water</p>	<p><b>27</b> <b>Breakfast:</b> Corn Flakes Cereal Cottage Cheese Oranges/Bananas (I/T only) Milk <b>Lunch:</b> Egg Patty Brown Rice Peas Pears Milk <b>PM Snack:</b> Wheat Tortilla Cantaloupe Water</p>	<p><b>28</b> <b>Breakfast:</b> Toasty O Cereal Vanilla Yogurt Mandarin Oranges Milk <b>Lunch:</b> Vegetarian Beans Couscous Mixed Vegetables (carrots, corn, green beans, peas, lima beans) Peaches Milk <b>PM Snack:</b> Graham Cracker                    Pears Water</p>	<p><b>29</b> <b>Breakfast:</b> Oatmeal Cheddar Cheese Apples Milk <b>Lunch:</b> Veggie Burger Macaroni Corn Pineapple Milk <b>PM Snack:</b> Sliced Tomato    Saltine Cracker Ranch Dressing    Water</p>	<p><b>30</b> <b>Breakfast:</b> Pancakes Hard Boiled Egg Applesauce Milk <b>Lunch:</b> Mexicali Beans (onions, tomatoes) Wheat Tortilla Carrots Mandarin Oranges Milk <b>PM Snack:</b> Pineapple Corn Muffin Banana Water</p>