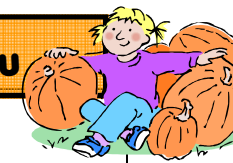





October 2008 -Smarty Pants Playschool Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fire Safety 	Every breakfast and lunch is served with 1% milk. Morning snack is served with 100% fruit juice. Afternoon snack is served with their choice of milk or water.		1 B: Oatmeal & Bananas MS: Fireman Shake (strawberries/yogurt smoothie) L: Tuna Sandwich, Sweet potato French fries & Apples AS: Cottage cheese & Tomatoes	2 B: Waffles & Strawberries MS: Animal Crackers & Yogurt L: Mac n' Cheese, Green beans & Pears AS: Energy Chews (peanut butter balls)	3 B: Blueberry Muffins & Oranges MS: Pretzels & Craisins L: Lasagna & Salad w/ranch AS: Dalmatian Cookies (sugar cookies w/ chocolate chips)	4 
5 Fall Harvest 	6 B: Eggs, toast & Oranges MS: Fall Toast (bread, peanut butter, pretzels & m & m's) L: Chicken nuggets, Peas, Carrots & Pears AS: Cucumbers, Ritz Crackers & Hummus	7 B: Blueberry Pancakes MS: Carmel Apples & Graham Crackers L: Cheese crisps, refried beans, corn & melon AS: Ants on a Log	8 B: Bagel w/ cc & Banana MS: Goldfish crackers & Apple-sauce L: Grilled Ham & Cheese, Zucchini FF & Tomato Soup AS: "The Little Red Hen" Homemade Bread & Jam	9 B: Yogurt w/ Fresh fruit & Cheerios MS: English Muffin & Juice L: Turkey Sandwich, Carrots & Pears AS: Pumpkin Cookies & Milk	10 B: Banana bread & Cantaloupe MS: Cornucopias (Bugles & Fruity Pebbles) L: Spaghetti & Zucchini sticks AS: Apples & Cheese	11 
12 Nutrition 	13 B: Cold cereal & Bananas MS: "The Very Hungry Caterpillar" (Fruit Kabobs & Cheerios) L: Chicken Fettuccini , Broccoli w/cheese & Peaches AS: Rice pudding & Graham Crackers	14 B: English Muffin & Apple-sauce MS: Fruit Kabobs & Pretzels L: Turkey Sandwich, Cucumbers & Pears AS: Cottage Cheese & Ritz Crackers	15 B: French Toast & Oranges MS: Mrs. Eggplant Head (Vegetable Kabobs) L: Hot Dogs w/Baked Beans & Corn AS: Apples & Peanut Butter	16 B: Blueberry Muffins MS: Food Pyramids (cheerios, cheese, grapes & carrots) L: Lasagna & Salad w/ranch AS: PB & J	17 B: Oatmeal & Bananas MS: Fruit & Veggie Kabobs L: Tuna Sandwich, Eggplant French Fries & Apples AS: Ritz Crackers & Cheese	18 
19 Pumpkins 	20 B: Waffles & Fresh Fruit MS: Yummy Pumpkins (English Muffins w/ orange cream cheese & raisins) L: Mac n' Cheese, Green beans & Peaches AS: Ants on a Log	21 B: Eggs, toast & Oranges MS: Pumpkin Bread & Apple Cider L: Chicken nuggets, Peas & Carrots & Pears AS: Cheese sticks & Pretzels	22 B: Blueberry Pancakes & Bananas MS: Yogurt & Cheerios L: Cheese crisps, refried beans & corn AS: Rice Krispie Pumpkins	23 B: Banana bread & Cantaloupe MS: Pretzels & Craisins L: Spaghetti & Zucchini sticks AS: Pumpkin Pie w/whipped cream	24B: Bagel w/ cc & Banana MS: Pumpkin Pudding & Graham Crackers L: Grilled Ham & Cheese, Zucchini FF & Tomato Soup AS: Cucumbers , Ritz Crackers & Hummus	25 
26 Halloween 	27 B: Oatmeal & Oranges MS: Ghost Toast (Toast w/ powdered sugar & Juice) L: Tuna Sandwich, Sweet potato French fries & Apples AS: Cottage cheese, Ritz Crackers & Tomatoes	28 B: Cold Cereal & Bananas MS: Monster Bread (Milk paint & Toast w/juice) L: Turkey Sandwich, cucumbers & Cantaloupe AS: Rice pudding& Graham Crackers	29 B: Blueberry Muffins MS: Broomsticks (Pretzels & Cheese Sticks) L: Lasagna & Salad w/ranch AS: PB & J	30 B: French Toast & Oranges MS: Animal crackers & Yogurt L: Pumpkin Heads (Tortillas, bologna, cheese), Broccoli w/ cheese & Pears AS: Apples & Peanut Butter	31B: English Muffins & Apples MS: Marshmallow Spiders & Witches Brew (pretzels) L: Potato Ghosts & Bat Shaped Meatloaf , w/dinner rolls & green beans AS: Ritz Crackers & Cheese	Happy Halloween 