

Learning Ladder Breakfast, Lunch & Snack Menu October 2018

A breakfast bar and milk are served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
1. Bagels w/ Cream Cheese Banana Baked Ziti Green Beans, Peaches Pumpkin Bars, Milk	2. Biscuit w/ Jam Oranges Pizza Roll-Ups Green Beans, Pears Animal Crackers, Banana	3. Oatmeal Peaches Cheeseburger Casserole Peas, Peaches Trail Mix, Banana	4. Cold Cereal Banana Chicken Taco Corn, Pineapple Seasoned Oyster Crackers, Oranges	5. Muffin Oranges Ham & Cheese Sandwich Carrots, Apples Yogurt, Grahams
8. Smoothie Raisin Bread Scalloped Potatoes Green Beans, Pears, Naan Bread Hummus, Veggies/Crackers	9. Bagels w/ Cream Cheese Banana Oriental Hot Dish Broccoli, Mandarin Oranges Grahams, Milk	10. Scrambled Eggs Apples, Naan Bread Hot Ham & Cheese Roll-Ups Carrots, Apples Animal Crackers, Oranges	11. Muffin Banana Spaghetti w/ Meat Sauce Peas, Peaches Bean Dip, Crackers/Tortilla Chips	12. Oatmeal Peaches Sloppy Joes Baked Beans, Applesauce Sun butter, Nilla Wafers
15. Cereal Oranges Chicken & Gravy, Mashed Potatoes Carrots, Peaches, Bread Yogurt, Grahams	16. Biscuit w/ Jam Banana Chicken Taco Corn, Pineapple Seasoned Oyster Crackers, Oranges	17. Pancakes Strawberries Pizza Roll Ups Green Beans, Oranges Pretzels, Apples	18. Bagels w/ Cream Cheese Apples Spaghetti w/ Meat Sauce Green Beans, Peaches Hummus, Crackers/Veggies	19. Scrambled Eggs Banana, Naan Bread Oriental Hot Dish Broccoli, Mandarin Oranges Cheese, Crackers
22. Smoothie Raisin Bread Chicken Noodle Casserole Peas & Carrots, Pears Pumpkin Bars, Milk	23. Oatmeal Craisins Spinach Egg Bake Broccoli, Peaches Bean Dip, Crackers/Tortilla Chips	24. Muffin Oranges Turkey & Cheese Sandwich Carrots, Apples Trail Mix, Craisins	25. Biscuit w/ Jam Banana Sloppy Joes Baked Beans, Applesauce Sun butter, Nilla Wafers	26. Cereal Banana Homemade Mac & Cheese Peas, Peaches Seasoned Oyster Crackers, Oranges
29. Bagels w/ Cream Cheese Oranges Baked Ziti Green Beans, Peaches Pretzels, Banana	30. Scrambled Eggs Apples, Naan Bread Chicken & Rice Broccoli, Pears Yogurt, Grahams	31. Biscuit w/ Jam Banana Scalloped Potatoes, Green Beans Pears, Bread Pumpkin Bars, Milk		

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.