

Learning Ladder Breakfast, Lunch & Snack Menu October 2020

A breakfast bar is served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
			1. English Muffins w/ Jam Apples Chicken Taco Corn, Pineapple Seasoned Oyster Crackers, Oranges	2. Biscuit w/ Jam Oranges Sloppy Joes Baked Beans, Applesauce Trail Mix, Craisins
5. Cereal Oranges Pizza Casserole Broccoli, Peaches Hummus, Veggies/Crackers	6. Smoothie Raisin Bread Oriental Hot Dish Broccoli, Mandarin Oranges Grahams, Milk	7. Oatmeal Peaches Chicken Ranch Bake Green Beans, Pears Sun butter, Nilla Wafers	8. Muffin Banana Spaghetti w/ Meat Sauce Peas, Peaches Cheese, Crackers	9. Bagels w/ Cream Cheese Banana Ham & Cheese Sandwich Carrots, Apples Animal Crackers, Oranges
12. Cereal Oranges Chicken Taco Corn, Pineapple Yogurt, Grahams	13. Biscuit w/ Jam Banana Cheeseburger Casserole Peas & Carrots, Pears Seasoned Oyster Crackers, Oranges	14. Pancakes Strawberries Sloppy Joes Baked Beans, Applesauce Pretzels, Apples	15. Bagels w/ Cream Cheese Apples Chicken and Rice Broccoli, Mandarin Oranges Bean Dip, Crackers/Tortilla Chips	16. Oatmeal Peaches Tatter Tot Casserole Green Beans, Peaches Grahams, Bananas
19. Smoothie Raisin Bread Chicken Noodle Casserole Peas & Carrots, Pears Cottage Cheese, Pineapple	20. Cereal Banana Spaghetti w/ Meat Sauce Green Beans, Peaches Pumpkin Bars, Milk	21. Muffin Oranges Hash brown Casserole Peas, Pineapple Trail Mix, Craisins	22. Biscuit w/ Jam Banana Pizza Roll-Ups Broccoli, Mandarin Oranges Sun butter, Nilla Wafers	23. English Muffins w/ Jam Apples Baked Ziti Corn, Peaches Grahams, Milk
26. Bagels w/ Cream Cheese Oranges Pizza Casserole Green Beans, Pears Pretzels, Banana	27. Bagels w/ Cream Cheese Bananas Oriental Hot Dish Broccoli, Mandarin Oranges Animal Crackers, Oranges	28. Smoothie Raisin Bread Chicken Ranch Bake Green Beans, Pears Nilla Waffers, Milk	29. Cereal Banana Homemade Mac & Cheese Peas, Peaches Bean Dip, Crackers/Tortilla Chips	30. Pumpkin Muffins Bananas Ham & Cheese Sandwich Carrots, Apples Special Halloween Treat

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.