




<p><u>2:</u> Breakfast: Whole grain Pancakes Fresh Pineapple Lunch: Whole wheat pasta with meat sauce OR Plain With Sweet Peas Fresh Clementines Snack: Multi-grain club crackers Go-gurt tube (Non-dairy children have Own)</p>	<p><u>3:</u> Breakfast: English Muffin Hashbrowns Lunch: Red beans and brown rice with mixed veggies Pear Slices Snack: Oyster Crackers Colby Jack cheese stick (OR Apple Sauce)</p>	<p><u>4:</u> Breakfast: Cheerios Dried Fruit Lunch: White meat chicken nuggets OR vegan nugs Baked Beans Sliced Peaches Snack: Low-fat yogurt (Non-dairy children have Own) Protein Granola</p>	<p><u>5:</u> Breakfast: Whole Grain Breakfast Bar Fresh Grapefruit slices Lunch: Ham slices OR none, cheese cubes OR none, and ritz crackers Sliced grape tomatoes Raisins Snack: Woven Wheat crackers Sunbutter</p>	<p><u>6:</u> Breakfast: Whole Wheat Toast Fresh Strawberries Lunch: Sunbutter and Jelly Sandwich on a hotdog bun Salad with carrots and cabbage/or Peas Banana Snack: Goldfish Apple sauce</p>
<p><u>9:</u> Breakfast: Whole grain Waffle Fresh Cantaloupe Lunch: Sliced Hotdog OR vegan hotdog on a hotdog bun Fresh Snow Peas Apple slices/Apple sauce Snack: Pretzels Humus (OR dried fruit)</p>	<p><u>10:</u> Breakfast: Whole grain Bagel Fresh Blueberries Lunch: Mac and Cheese with Corn Fresh Clementines Snack: Whole Grain Fig Bars Celery sticks</p>	<p><u>11:</u> Breakfast: Homemade Biscuits? Pear slices Lunch: Lean Steak patty with low fat gravy Mashed Potatoes Whole wheat roll Pineapple chunks Snack: Whole Grain Cheddar Whales Go-gurt tube (Non-dairy children have Own)</p>	<p><u>12:</u> Breakfast: Whole grain Cereal Golden Raisins Lunch: Sunbutter and Jelly Roll-up on a Tortilla Sliced Green Peppers Apricots Snack: Cheerios Banana chips</p>	<p><u>13:</u> Breakfast: Sausage Links OR Toast Fresh Strawberries Lunch: Turkey pepperoni OR Mozzarella cheese on a Salad with carrots + cabbage/or Green Beans Croutons/or wheat bread Banana Snack: Mini Alphabet cookies Cheese slices (OR Sunbutter)</p>
<p><u>16:</u> Breakfast: Whole grain Pancakes Fresh Sliced Grapes Lunch: Cheese Ravioli w/ marinara sauce w/ Spinach Fresh Blueberries Snack: Goldfish Cottage cheese (OR fruit cup)</p>	<p><u>17:</u> Breakfast: Low-fat Yogurt (Non-dairy children have Own) Protein Granola Lunch: Diced Honey Ham OR Mozzarella cheese Green beans Country style Roll Fresh Apple Slices/or apple sauce Snack: Carrot chips/saltines Low-fat ranch dip (OR crackers)</p>	<p><u>18:</u> Breakfast: Homemade Oatmeal with blueberries Lunch: Turkey Kielbasa OR Mozzarella cheese with Potato slices Whole wheat roll Fresh Clementines Snack: Wheat Cheddar Cheese crackers Mozzarella Cheese stick (OR Sunbutter)</p>	<p><u>19:</u> Breakfast: Raisin Toast Diced Mangos Lunch: Bologna Sandwich OR Grilled cheese on whole wheat bread Cucumber slices Chunky Mixed Fruit Snack: Graham crackers Craisins</p>	<p><u>20:</u> Breakfast: Whole wheat French Toast Fresh Strawberries Lunch: Sunbutter and Jelly Roll-up on a Tortilla Salad with carrots and cabbage/or Corn Banana Snack: Vanilla Wafers Colby Jack cheese stick (Or dried fruit medley)</p>
<p><u>23:</u> Breakfast: Whole grain Toast Fresh Blackberries Lunch: Turkey Meatball OR Vegan Meatball sliders On a whole wheat roll Sliced grape tomatoes Fresh Clementines Snack: Scooby graham snacks Celery sticks</p>	<p><u>24:</u> Breakfast: Whole grain Cereal Golden Raisins Lunch: Chicken patty OR vegan patty on whole wheat bun Broccoli Florets Fresh Honey Dew Slices Snack: Baby/cooked carrots Low-fat ranch dip (OR crackers)</p>	<p><u>25:</u> Breakfast: Low-fat Yogurt (Non-dairy children have their Own) Protein Granola Lunch: Multi-grain corn dog OR Vegan Corn dog Sliced Green Peppers Peach slices Snack: Whole Wheat Buttery Rounds Colby Jack cheese cubes (OR Apple Sauce)</p>	<p><u>26:</u> Breakfast: Whole Grain Breakfast Bar Fruit Cocktail Lunch: Sunbutter and jelly "cracker sandwiches" (saltines) Garbanzo beans Raisins Snack: Pretzels Humus (OR dried fruit)</p>	<p><u>27:</u> Breakfast: Whole grain Waffles Fresh Strawberries Lunch: Ham OR Cheese roll-up On a tortilla Salad with cabbage and carrots/or Potatoes Banana Snack: Multi-grain club crackers Mozzarella cheese stick (OR Dried fruit)</p>
<p><u>30:</u> Breakfast: Whole grain Bagel Fresh Raspberries Lunch: Grilled Chicken Breast on a hotdog bun Garbanzo Beans Fresh Apple Slices/Apple sauce Snack: Saltines Cheese stick</p>	<p><u>31:</u> Breakfast: Spooky Orange Yogurt Fresh Cantaloupe Lunch: Pumpkin shaped ham and cheese sandwiches Pumpkin carrot coins Clementine pumpkins with a green M&M stem Snack: HALLOWEEN TREAT</p> 	<p><u>1:</u> Breakfast: English Muffin Pear slices Lunch: Chicken a la King with mixed veggies Brown rice Apricots Snack: Graham Crackers Go-gurt</p>	<p><u>2:</u> Breakfast: Whole grain Cereal Banana chips Lunch: Sunbutter and Jelly on a hamburger bun Sliced Cucumbers spears Mandarin oranges Snack: Cinnamon apple straws Craisins</p>	<p><u>3:</u> Breakfast: Sausage Link OR Toast Fresh Strawberries Lunch: Turkey and ,cheese roll-up Salad with cabbage and carrots/Black beans Banana Snack: Pretzels/animal crackers Cheese slices</p>

Care-a-lot Pittsford



Milk is served at breakfast and lunch. 1 yrs old- whole milk. 2yrs-5yrs old-1% milk.