

League of Extraordinary Children
OCTOBER 2022
 Breakfast Menu

KEY:
 ** 12 months to 23 months
 receive whole milk



Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	4 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	5 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	6 Cheerios Orange Slices 1% Unflavored Fat Free Milk	7 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
10 CLOSED	11 Corn Flakes Strawberries 1% Unflavored Fat Free Milk	12 Cheerios Apples 1% Unflavored Fat Free Milk	13 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	14 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk
17 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	18 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	19 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	20 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	21 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
24 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	25 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	26 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	27 Cheerios Apples 1% Unflavored Fat Free Milk	28 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk
31 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk				

League of Extraordinary Children
OCTOBER 2022
 Lunch Menu



**** KEY:**
 Mixed Vegetables: Carrots,
 Green Peas, and Corn

**** 12 months to 23 months
 receive whole milk**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	4 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	5 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	6 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	7 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
10 <p style="text-align: center;">CLOSED</p>	11 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	12 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	13 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	14 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
17 Cheese Ravioli with Sauce Broccoli Peach Slices 1% Unflavored Fat Free Milk	18 Yellow Rice Vienna Sausage on the side Green Beans Peach Slices 1% Unflavored Fat Free Milk	19 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	20 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	21 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
24 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	25 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	26 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	27 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	28 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
31 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk				

League of Extraordinary Children
OCTOBER 2022
P.M. Snack Menu

KEY:
** 12 months to 23 months
receive whole milk



Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	4 Applesauce Bananas 1% Unflavored Fat Free Milk	5 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk	6 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	7 Whole Grain Tortilla Chips Cheese Peaches 1% Unflavored Fat Free Milk
10 CLOSED	11 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	12 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	13 Applesauce Bananas 1% Unflavored Fat Free Milk	14 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk
17 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	18 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	19 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	20 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	21 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
24 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	25 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	26 Animal Crackers Peaches 1% Unflavored Fat Free Milk	27 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	28 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk
31 Baked Potato Chips Apples 1% Unflavored Fat Free Milk				