

League of Extraordinary Children
OCTOBER 2021
 Breakfast Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
4 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	5 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	6 Cheerios Apples 1% Unflavored Fat Free Milk	7 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	8 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk
11 CLOSED	12 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	13 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	14 Corn Flakes Strawberries 1% Unflavored Fat Free Milk	15 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
18 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	19 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	20 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	21 Cheerios Orange Slices 1% Unflavored Fat Free Milk	22 Whole Wheat Croissant Butter Pineapples 1% Unflavored Fat Free Milk
25 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	26 Rice Krispies Cereal Bananas 1% Unflavored Fat Free Milk	27 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	28 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	29 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk

League of Extraordinary Children
OCTOBER 2021
 Lunch Menu



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Pizza Bagels Mozzarella String Cheese Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
4 Ground Beef Mashed Potatoes ** Mixed Vegetables Orange Slices 1% Unflavored Fat Free Milk	5 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	6 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	7 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	8 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
11 CLOSED	12 Yellow Rice Vienna Sausage on the side Green Beans Peach Slices 1% Unflavored Fat Free Milk	13 Mac & Cheese (real cheese) Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	14 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	15 Mini Pizza Bagels Mozzarella String Cheese Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
18 Turkey Meatball Whole Wheat Spaghetti with Sauce Carrots Orange Slices 1% Unflavored Fat Free Milk	19 Black Beans White Rice Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	20 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	21 Cheese Ravioli with Sauce Broccoli Peach Slices 1% Unflavored Fat Free Milk	22 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
25 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	26 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	27 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	28 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	29 Mini Pizza Bagels Mozzarella String Cheese Whole Grain Bread Roll Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk

League of Extraordinary Children

OCTOBER 2021

P.M. Snack Menu



KEY:

** 12 months to 23 months
receive whole milk

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Tortilla Chips Cheese Peaches 1% Unflavored Fat Free Milk
4 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk	5 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	6 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	7 Applesauce Bananas 1% Unflavored Fat Free Milk	8 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk
11 CLOSED	12 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	13 Chocolate Chip Sugar Free Cookies Strawberries 1% Unflavored Fat Free Milk	14 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	15 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
18 Animal Crackers Peaches 1% Unflavored Fat Free Milk	19 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk	20 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	21 Vanilla Greek Yogurt Granola Strawberries 1% Unflavored Fat Free Milk	22 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk
25 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	26 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	27 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	28 Applesauce Bananas 1% Unflavored Fat Free Milk	29 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk