

# October 2017 St Barnabas U-PK Breakfast

Mon	Tue	Wed	Thu	Fri
2 1/2 cup Cereal 4oz 100% Juice 4oz milk	3 Cereal Bar Cheese Stick 4oz 100% Juice 4oz Milk	4 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	5 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	6 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
9 <b>CLOSED</b>	10 Cereal Bar Cheese Stick 4oz 100% Juice 4oz Milk	11 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	12 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	13 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
16 1/2 cup Cereal 4oz 100% Juice 4oz milk	17 Cereal Bar Cheese Stick 4oz 100% Juice 4oz Milk	18 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	19 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	20 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
23 1/2 cup Cereal 4oz 100% Juice 4oz milk	24 Cereal Bar Cheese Stick 4oz 100% Juice 4oz Milk	25 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	26 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	27 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
30 1/2 cup Cereal 4oz 100% Juice 4oz milk	31 Cereal Bar Cheese Stick 4oz 100% Juice 4oz Milk			

# October 2017 St Barnabas U-PK Lunch

Mon	Tue	Wed	Thu	Fri
2 2oz Chicken Nuggets 3/4 cup Green Beans 2 oz Pasta with Butter 1/2 cup fruit and milk	3 2oz Mac n'Cheese 3/4 cup Broccoli 2 oz Carrots 1/2 cup fruit and milk	4 2oz Fish Sticks 3/4 cup Peas and Carrots 2 oz Mashed Potatoes 1/2 cup fruit and milk	5 2oz Grilled Cheese 3/4 cup Mixed Vegetables 2 oz Beans 1/2 cup fruit and milk	6 2oz Hot Pocket 3/4 cup Broccoli 2 oz Baked Fruit 1/2 cup fruit and milk
9 <b>CLOSED</b>	10 2oz Chicken Nuggets 3/4 cup Peas 2 oz Beans 1/2 cup fruit and milk	11 2oz Fish Sticks 3/4 cup Broccoli 2 oz Brown Rice 1/2 cup fruit and milk	12 2oz Meatballs 3/4 cup Cauliflower 2 oz Pasta 1/2 cup fruit and milk	13 2oz Hot Pocket 3/4 cup Broccoli 2 oz Baked Fruit 1/2 cup fruit and milk
16 2oz Chicken Nuggets 3/4 cup Spinach 2 oz Brown Rice 1/2 cup fruit and milk	17 2oz Hamburger 3/4 cup Broccoli 2 oz Yams 1/2 cup fruit and milk	18 2oz Fish Sticks 3/4 cup Green Beans 2 oz Pasta with Butter 1/2 cup fruit and milk	19 2oz Meatballs 3/4 cup Carrots 2 oz Pasta 1/2 cup fruit and milk	20 2oz Hot Pocket 3/4 cup Broccoli 2 oz Baked Fruit 1/2 cup fruit and milk
23 2oz Chicken Nuggets 3/4 cup Green Beans 2 oz Corn 1/2 cup fruit and milk	24 2oz Chicken Tenders 3/4 cup Green Beans 2 oz Mashed Potatoes 1/2 cup fruit and milk	25 2oz Fish Sticks 3/4 cup Carrots 2 oz Corn 1/2 cup fruit and milk	26 2oz Meatballs 3/4 cup Broccoli 2 oz Pasta 1/2 cup fruit and milk	27 2oz Hot Pocket 3/4 cup Broccoli 2 oz Baked Fruit 1/2 cup fruit and milk
30 2oz Chicken Nuggets 3/4 cup Green Beans 2 oz Yams 1/2 cup fruit and milk	31 2oz Meatballs 3/4 cup Peas and Carrots 2 oz Pasta 1/2 cup fruit and milk			

