

**Little Panther Daycare      WEEK 1**  
**Menu- Subject to**  
**Change**

**October 2021**



<b>Meal Patterns</b>	<b>Monday Date 10-04-21</b>	<b>Tuesday Date 10-05-21</b>	<b>Wednesday Date 10-06-21</b>	<b>Thursday Date 10-07-21</b>	<b>Friday Date 10-08-21</b>
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grains, or meat/meat alternate (M/MA = no more than 3 times per week)</li> <li>• Vegetables, Fruits or portions of both</li> <li>• Fluid Milk</li> <li>• Other Foods</li> </ul>	<b>Oatmeal Squares cereal</b>  <b>Cranberry juice (applesauce)</b>  <b>Milk</b>	<b>Multi grain cheerios</b>  <b>Apple juice (applesauce)</b>  <b>Milk</b>	<b>Egg, Sausage &amp; cheese burrito</b>  <b>Grapes</b>  <b>Milk</b>	<b>French toast</b>  <b>Peaches</b>  <b>Milk</b>	<b>Kix cereal</b>  <b>Grape juice</b>  <b>Milk</b>
<b>AM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul>	<b>Oyster crackers</b>  <b>Milk</b>	<b>Graham crackers</b>  <b>Milk</b>	<b>Yogurt w/pineapple bits</b>  <b>Milk</b>	<b>Pancake roll up</b>  <b>Milk</b>	<b>Peanut butter crackers</b>  <b>Milk</b>
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruit/Vegetable</li> <li>• Grains</li> <li>• Other Foods</li> </ul>	<b>Turkey &amp; Cheese Sandwich</b>  <b>Broccoli Normandy</b>  <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Goulash</b>  <b>Mixed Vegetables</b>  <b>Fruit Cocktail</b>  <b>Biscuit</b>  <b>Milk</b>	<b>Taco Salad</b>  <b>Tropical Fruit</b>  <b>Milk</b>	<b>Fish Sticks</b>  <b>Mashed Potatoes</b>  <b>Peaches</b>  <b>Bread Slice</b>  <b>Milk</b>	<b>Sloppy Joe</b>  <b>Tater tots</b>  <b>Pears</b>  <b>Milk</b>
<b>PM Snack</b> (Select two of these five components) <ul style="list-style-type: none"> <li>• Fluid Milk</li> <li>• Meat or meat alternate</li> <li>• Vegetables</li> <li>• Fruits</li> <li>• Grains</li> </ul>	<b>Toasted crackers</b>  <b>Milk</b>	<b>Club crackers</b>  <b>Milk</b>	<b>Peach muffin</b>  <b>Milk</b>	<b>Cheese quesadilla</b>  <b>Apple juice</b>  <b>Milk</b>	<b>Cheez its</b>  <b>Milk</b>