

Gold
Little Panther Daycare **WEEK 2**
Menu- Subject to
Change

OCTOBER
2021



Meal Patterns	Monday Date 10-11	Tuesday Date 10-12	Wednesday Date 10-13	Thursday Date 10-14	Friday Date 10-15
Breakfast <ul style="list-style-type: none"> • Grains, or meat/meat alternate (M/MA = no more than 3 times per week) • Vegetables, Fruits or portions of both • Fluid Milk • Other Foods 	Life Cereal Apple juice Applesauce Milk	Pancakes Banana Slices Milk	Toast w/butter Mandarin Oranges Milk	Berry Kix Cereal Cranberry juice Milk	Waffle Apple juice Milk
AM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	Goldfish Milk	Pumpkin Muffin Milk	Teddy Grahams Milk	Cheese Quesadilla Milk	Oyster Crackers Milk
Lunch <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruit/Vegetable • Grains • Other Foods 	Lasagna Green Beans Peaches Milk	Fish Sticks Mixed Vegetables Pears Milk	Hot Dog Baked Beans Fruit Cocktail Milk	Turkey & Cheese Sandwich Mini Carrots Tropical Fruit Milk	Spaghetti w/ meat sauce Corn Pineapple Bits Bread Slice Milk
PM Snack (Select two of these five components) <ul style="list-style-type: none"> • Fluid Milk • Meat or meat alternate • Vegetables • Fruits • Grains 	Graham Crackers Milk	Cheez Its Apple Juice Milk	PB Sandwich Milk	Ritz Crackers Grape Juice Milk	Graham Crackers Milk