

**Little Panther Daycare      WEEK 3**  
**Menu- Subject to**  
**Change**

**OCTOBER**  
**2021**



<b>Meal Patterns</b>	<b>Monday Date 10-18</b>	<b>Tuesday Date 10-19</b>	<b>Wednesday Date 10-20</b>	<b>Thursday Date 10-21</b>	<b>Friday Date 10-22</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>Multi Grain Cheerios</b>  <b>Grape Juice</b>  <b>Milk</b>	<b>English muffin w/peanut butter</b>  <b>Pear slices</b>  <b>Milk</b>	<b>Egg, Cheese &amp; Sausage burrito</b>  <b>Tropical Fruit</b>  <b>Milk</b>	<b>Rice Crispies</b>  <b>Apple juice</b>  <b>Milk</b>	<b>French toast</b>  <b>Banana slices</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>Cheese Crackers</b>  <b>Milk</b>	<b>Club Crackers</b>  <b>String Cheese</b>	<b>Blueberry Muffin</b>  <b>Milk</b>	<b>Saltines</b>  <b>Milk</b>	<b>Applesauce</b>  <b>Graham Crackers</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>Grilled Cheese</b>  <b>Tomato Soup</b>  <b>Mandarin Oranges</b>  <b>Milk</b>	<b>Chicken Salad Sandwich</b>  <b>Broccoli</b>  <b>Tropical Fruit</b>  <b>Milk</b>	<b>Beef &amp; Bean Burrito</b>  <b>Corn</b>  <b>Pears</b>  <b>Milk</b>	<b>Chicken Strips</b>  <b>Mashed Potatoes</b>  <b>Fruit Cocktail</b>  <b>Milk</b>	<b>Sloppy Joe</b>  <b>Baked Beans</b>  <b>Peaches</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>Goldfish</b>  <b>Milk</b>	<b>Toasted Crackers</b>  <b>Apple juice</b>  <b>Whole Milk</b>	<b>Jelly Roll-up</b>  <b>Apple Juice</b>  <b>Whole Milk</b>	<b>Cheese Crackers</b>  <b>Milk</b>	<b>Club Crackers</b>  <b>Cranberry juice</b>  <b>Whole Milk</b>