

**Little Panther Daycare      WEEK 4**  
**Menu- Subject to**  
**Change**

**October 2021**



<b>Meal Patterns</b>	<b>Monday Date 10-25</b>	<b>Tuesday Date 10-26</b>	<b>Wednesday Date 10-27</b>	<b>Thursday Date 10-28</b>	<b>Friday Date 10-29</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>Toast w/ Cheese</b>  <b>Apple Slices</b>  <b>Milk</b>	<b>Rice Crispies</b>  <b>Apple juice (applesauce)</b>  <b>Milk</b>	<b>Waffle</b>  <b>Cuties</b>  <b>Milk</b>	<b>Cheese quesadilla</b>  <b>Pear slices</b>  <b>Milk</b>	<b>Pancakes</b>  <b>Hash brown patty</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>Yogurt</b>  <b>Pineapple bits</b>	<b>Cheese quesadilla</b>  <b>Milk</b>	<b>Graham crackers</b>  <b>Apple juice</b>  <b>Whole milk</b>	<b>Ritz crackers</b>  <b>Milk</b>	<b>Pumpkin muffin</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>Spaghetti w/ meat sauce</b>  <b>Green beans</b>  <b>Pears</b>  <b>Milk</b>	<b>Chicken tenders</b>  <b>Mixed vegetables</b>  <b>Peaches</b>  <b>Milk</b>	<b>Hot dog</b>  <b>Baked beans</b>  <b>Fruit cocktail</b>  <b>Milk</b>	<b>Ground beef tortilla roll-up</b>  <b>Zucchini &amp; Corn</b>  <b>Tropical Fruit</b>  <b>Milk</b>	<b>Turkey &amp; Cheese Sandwich</b>  <b>Vegetable Medley</b>  <b>Apple slices</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>Ritz crackers</b>  <b>Apple juice</b>  <b>Whole milk</b>	<b>Teddy grahams</b>  <b>Milk</b>	<b>Animal crackers</b>  <b>Milk</b>	<b>Toasted Crackers</b>  <b>Cranberry juice</b>  <b>Whole milk</b>	<b>Peanut butter crackers</b>  <b>Grape juice</b>  <b>Whole milk</b>