

# Learning Ladder Breakfast, Lunch & Snack Menu October 2022

\*A breakfast bar is served daily at 7:45 as an early morning snack\*

Monday		Tuesday		Wednesday		Thursday		Friday	
3.	Oatmeal Peaches  Oriental Hot Dish Broccoli, Mandarin Oranges  Pretzels, Banana	4.	Smoothie Cinnamon Bread  Chicken Taco Corn, Pineapple  Nilla Waffers, Craisins	5.	Bagels w/ Cream Cheese Banana  Ham & Cheese Sandwich Carrots, Apples  Animal Crackers, Oranges	6.	Cereal Oranges  Chicken & Gravy, Mashed Potatoes Carrots, Bread  Yogurt, Grahams	7.	Biscuit w/ Jam Bananas  Sloppy Joes Baked Beans, Applesauce  Trail Mix, Craisins
10.	Cereal Oranges  Pizza Casserole Broccoli, Peaches  Hummus, Veggies/Crackers	11.	Smoothie Raisin Bread  Enchilada Casserole Peas, Pineapple  Grahams, Oranges	12.	Oatmeal Peaches  Chicken Ranch Bake Green Beans, Pears  Pumpkin Bars, Craisins	13.	Muffin Banana  Spaghetti w/ Meat Sauce Peas, Peaches  Cheese, Crackers	14.	Bagels w/ Cream Cheese Banana  Ham & Cheese Sandwich Carrots, Apples  Animal Crackers, Oranges
17.	Cereal Oranges  Chicken Taco Corn, Pineapple  Yogurt, Grahams	18.	Biscuit w/ Jam Banana  Cheeseburger Casserole Peas & Carrots, Pears  Seasoned Oyster Crackers, Oranges	19.	Smoothie Raisin Bread  Chicken and Rice Broccoli, Mandarin Oranges  Pretzels, Apples	20.	Bagels w/ Cream Cheese Apples  Tatter Tot Casserole Green Beans, Peaches  Bean Dip, Crackers/Tortilla Chips	21.	Oatmeal Peaches  Chicken Ranch Bake Green Beans, Pears  Grahams, Bananas
24.	Smoothie Raisin Bread  Sloppy Joes Baked Beans, Applesauce  Cottage Cheese, Pineapple	25.	Cereal Banana  Spaghetti w/ Meat Sauce Green Beans, Peaches  Pumpkin Bars, Milk	26.	English Muffins w/ Jam Apples  Ham & Cheese Sandwich Carrots, Apples  Trail Mix, Craisins	27.	Biscuit w/ Jam Banana  Pizza Roll-Ups Broccoli, Mandarin Oranges  Sun butter, Nilla Wafers	28.	Pancakes Strawberries  Baked Ziti Corn, Peaches  Grahams, Milk
31.	Pumpkin Bars Bananas  Ham & Cheese Sandwich Carrots, Apples  Special Halloween Treat								

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.