




OCTOBER 2019 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30/2019 346 CINNAMON TOAST CRUNCH CEREAL 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK	10/1/2019 339 WG CRANBERRY ORANGE MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/2/2019 336 PILLSBURY STRAWBERRY SPLASH MINI WG PANCAKES 644 DOLE DICED PEARS CUP 100 WHITE MILK	10/3/2019 349 CORN CHEX CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK	10/4/2019 332 WG APPLE CINNAMON MUFFIN 670 FRESH FRUIT 100 WHITE MILK 
10/7/2019 342 CHEERIOS CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/8/2019 330 WG BLUEBERRY MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	10/9/2019 343 RICE CHEX CEREAL 670 FRESH FRUIT 100 WHITE MILK	10/10/2019 802 SCRAMBLED EGGS W/TURKEY HAM (4 servings/container) 904 1/2 SLICE WHEAT BREAD+++ 634 HASH BROWNS (individual package) 100 WHITE MILK	10/11/2019 368 WG WHITE SLICED BAGEL or 331 WG CORN MUFFIN 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK
10/14/2019 345 HONEY SCOOTERS CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK Columbus Day	10/15/2019 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK 	10/16/2019 307 PILLSBURY WG CHERRY BAKED FRUDEL 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK	10/17/2019 339 WG CRANBERRY ORANGE MUFFIN 644 DOLE DICED PEARS CUP 100 WHITE MILK	10/18/2019 347 CINNAMON CHEX CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK
10/21/2019 317 EGG & CHEESE ON ENGLISH MUFFIN 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	10/22/2019 346 CINNAMON TOAST CRUNCH CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	10/23/2019 367 WG CINNAMON RAISIN SLICED BAGEL or 332 WG APPLE CINNAMON MUFFIN 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	10/24/2019 342 CHEERIOS CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/25/2019 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK
10/28/2019 349 CORN CHEX CEREAL 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK	10/29/2019 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK	10/30/2019 338 WG FRENCH TOAST STICKS 644 DOLE DICED PEARS CUP 100 WHITE MILK	10/31/2019 345 HONEY SCOOTERS CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK 	11/1/2019 331 WG CORN MUFFIN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK All Saints Day

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

MENU SUBJECT TO CHANGE

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER! Water must be OFFERED every day!

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470