

# OCTOBER 2020 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9/28/2020</b> 346 CINNAMON TOAST CRUNCH CEREAL 644 DOLE DICED PEARS CUP 100 WHITE MILK	<b>9/29/2020</b> 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	<b>9/30/2020</b> 338 WG FRENCH TOAST STICKS (individual package) 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	<b>10/1/2020</b> 349 CORN CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	<b>10/2/2020</b> 332 WG APPLE CINNAMON MUFFIN 646 DOLE DICED PEACHES CUP 100 WHITE MILK
<b>10/5/2020</b> 345 HONEY SCOOTERS CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	<b>10/6/2020</b> 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK	<b>10/7/2020</b> 343 RICE CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	<b>10/8/2020</b> 803 CHEESE OMELET (individual package) 904 1/2 SLICE WHEAT BREAD+++ 634 HASH BROWNS (individual package) 100 WHITE MILK	<b>10/9/2020</b> 366 WG BLUEBERRY SLICED BAGEL or 331 WG CORN MUFFIN 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK
<b>10/12/2020</b> 342 CHEERIOS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK  <b>Columbus Day</b>	<b>10/13/2020</b> 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK	<b>10/14/2020</b> 306 PILLSBURY WG APPLE BAKED FRUDEL (individual package) 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	<b>10/15/2020</b> 339 WG CRANBERRY ORANGE MUFFIN 644 DOLE DICED PEARS CUP 100 WHITE MILK	<b>10/16/2020</b> 347 CINNAMON CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
<b>10/19/2020</b> 336 PILLSBURY STRAWBERRY SPLASH MINI WG PANCAKES (individual package) 646 DOLE DICED PEACHES CUP 100 WHITE MILK	<b>10/20/2020</b> 349 CORN CHEX CEREAL 670 FRESH FRUIT 100 WHITE MILK	<b>10/21/2020</b> 367 WG CINNAMON RAISIN SLICED BAGEL or 335 WG BANANA MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	<b>10/22/2020</b> 345 HONEY SCOOTERS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	<b>10/23/2020</b> 330 WG BLUEBERRY MUFFIN 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK
<b>10/26/2020</b> 343 RICE CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	<b>10/27/2020</b> 368 WG WHITE SLICED BAGEL or 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	<b>10/28/2020</b> 802 SCRAMBLED EGGS W/TURKEY HAM (4 servings/container) 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	<b>10/29/2020</b> 346 CINNAMON TOAST CRUNCH CEREAL 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	<b>10/30/2020</b> 331 WG CORN MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK

+++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