

# ANNA BING ARNOLD CHILDREN'S CENTER FOOD PROGRAM MENU

| Week 1           | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|------------------|---|---|--|--|--|
|                  | 10/27   | 10/28   | 10/29  | 10/30  | 10/31  |
| <b>BREAKFAST</b> | Bagel w/cream Cheese<br>Oranges<br>Milk                               | Scrambled Eggs<br>Wheat Toast<br>Banana<br>Milk | Muffins<br>Cheese<br>Grapefruit<br>Milk                            | Oatmeal<br>Toast<br>Apples<br>Milk                   | Pancakes<br>Strawberries<br>Milk                                 |
| <b>LUNCH</b>     | Cheese Quesadillas<br>Spanish Rice<br>Pinto Beans<br>Fruit<br>Milk    | Turkey Chili/w Beans<br>Rice<br>Apples<br>Milk  | Chicken Pasta Spirals<br>Bread<br>Mixed Veggies<br>Oranges<br>Milk | Turkey Meatloaf<br>Mashed Potatoes<br>Grapes<br>Milk | English Muffin Pizza<br>Rice<br>Corn<br>Cantaloupe<br>Milk       |
| <b>SNACK</b>     | Yogurt<br>Granola<br>Strawberries<br>Milk                             | Cheese<br>Crackers<br>Milk                      | Graham Crackers<br>Fresh Fruit<br>Milk                             | Orange Bread<br>Fresh Fruit<br>Milk                  | String Cheese<br>Fresh Fruit<br>Milk                             |
| Week 2           | 11/3  | 11/4  | 11/5   | 11/6   | 11/7   |
| <b>BREAKFAST</b> | Cereal<br>Toast<br>Banana<br>Milk                                     | French Toast<br>Banana<br>Milk                  | Scrambled Eggs<br>English Muffins<br>Oranges<br>Milk               | Cream of Wheat<br>Toast<br>Apples<br>Milk            | Muffins<br>Cheese<br>Grapes<br>Milk                              |
| <b>LUNCH</b>     | Chicken Stir Fry<br>With Vegetables<br>Steamed Rice<br>Grapes<br>Milk | Grilled Cheese<br>Broccoli<br>Oranges<br>Milk   | Baked Chicken<br>Rice<br>Apples<br>Mixed Veggies<br>Milk           | Spaghetti With Meat Sauce<br>Salad<br>Apples<br>Milk | Chicken Vegetable Soup<br>Saltine Crackers<br>Watermelon<br>Milk |
| <b>SNACK</b>     | Fresh Fruit<br>Graham Crackers<br>Milk                                | Oatmeal Raisin Cookies<br>Milk                  | Jello w/Fruit<br>Animal Crackers<br>Milk                           | Apple Cinnamon Bread<br>Cheese Cubes<br>Milk         | Applesauce<br>Animal Crackers<br>Milk                            |

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