



Jack and Jill Childcare – Blaine & St. Anthony

Menu: Week of October 23-27, 2017

Spiders, Owls & Bats Week!

Monday	Tuesday	Wednesday Blaine Fall Harvest	Thursday SA Fall Harvest	Friday
Breakfast Apple Zingers Cereal Fresh Fruit Milk	Breakfast Bagel & Cheese Fruit Milk	Breakfast Blueberry Muffin Strawberry Yogurt Milk	Breakfast Rice Krispies Banana Milk	Breakfast Cheerios Cereal Bananas Milk
Lunch Waffles Turkey Sausage Hash browns Pineapple Milk	Lunch Chicken Stir Fry with Mixed Fresh Vegetables Rice Pears Milk	Lunch Mac and Cheese Mini Meatballs Green Beans Apples/Applesauce Milk	Lunch Bean & Cheese Tortilla Rice Corn Milk	Lunch Whole Wheat Cheese Pizza Peas & Carrots Peaches Milk
Snack Graham Crackers Apple Juice SA: PLUS FRUIT	Snack Crackers & Cheese Slice Milk SA: PLUS FRUIT	Snack Cinnamon Gold Fish Juice SA: PLUS FRUIT	Snack Fruit Muffin Juice SA: PLUS FRUIT	Snack Cheddar Chex Mix Orange Juice SA: PLUS FRUIT

Serving Sizes: Ages 1-2 Milk: ½ cup Grain: ½ serving Protein: 1oz Fruit/Vegetable: ¼ cup
 Ages 3-5 Milk: ¾ cup Grain: ½ serving Protein: 1.5oz Fruit/Vegetable: ½ cup
 Ages 6-12 Milk: 1 cup Grain: 1 serving Protein: 2oz Fruit/Vegetable: ½ cup *Protein, fruit and vegetable

serving size adjust for snack



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