

October 2020

Childrens Lighthouse of Raleigh	Monday 5	Tuesday 6	World Wide Wednesday 7	Thursday 8	Friday 9
Breakfast	Bagel w/ Cream Cheese Peaches Milk **GF: GF Toast** **DF: Use Applebutter**	Scrambled Eggs w/ Applebutter Toast Pineapples Milk **EF: Sausage Patty**	French Toast Sticks Pears Milk **GF, DF: Sausage Patty**	Fruit Smoothie w/ Graham Crackers **GF,DF: Use Soy Milk**	Corn Flakes Cereal Bananas Milk **GF, DF: Cheerios**
Lunch	Sunbutter & Honey Sandwich Carrots w/ Ranch Mixed Fruit Milk ** GF: GF Bread** **No Honey for Toddlers**	Mac & Cheese California Broccoli Blend Fresh Apple Slices Milk **GF: GF Pasta** **DF: Pasta w/ Meat Sauce	Beef-a-roni Side Salad Tropical Fruit Milk **Veg: Veggie Burger** **DF: No Cheese**	Fish Sticks Vegetable Blend Peaches Milk **GF: Chicken Parm**	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk **Veg: Pasta** **GF,DF: Chicken Nuggets**
Afternoon Snack	Pretzels w/ Hummus Water	Goldfish Applesauce Water **GF,DF: Oatmeal Cookies**	Nutri Grain Bar Bananas Water **GF. DF: Fig Bar**	Veggie Straws Mandarin Oranges Water	String Cheese Graham Crackers Water **DF: Veggie Straws**

October 2020

Childrens Lighthouse of Raleigh	Monday 12	Tuesday 13	World Wide Wednesday 14	Thursday 15	Friday 16
Breakfast		Waffles w/ Strawberries Milk **GF,DF: Waffles**	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk **DF: English Muffin** **GF: Oatmeal**	Fruit Parfait w/ Yogurt, Fresh Fruit Crushed Graham Crackers **GF,DF: No Yogurt**
Lunch		Grilled Cheese Tomato Soup Oranges Milk **GF,DF: GF Sunbutter Sandwich**	Chicken Soft Taco w/ Black Beans & Corn Pears Milk **Veg: Black Bean Taco**	Chicken Sandwich Fresh Apple Slices Seasoned French Fries Milk **GF: GF Bread** **Veg: Veggie Burger**	Pepperoni Pizza Steamed Broccoli Tropical Fruit Milk **GF,DF: Pasta w/ Garlic Sauce**
Afternoon Snack		Vanilla Wafers Tropical Fruit Water **GF,DF: Oatmeal Cookies**	Chex Mix Applesauce Water	Graham Crackers Strawberry Yogurt Water **DF: Applesauce**	Rice Cakes Pears Water

October 2020

<p>Childrens Lighthouse of Raleigh</p>	<p>Monday 19</p>	<p>Tuesday 20</p>	<p>World Wide Wednesday 21</p>	<p>Thursday 22</p>	<p>Friday 23</p>
<p>Breakfast</p>	<p>Pancakes Apricots Milk **GF,DF: Pancakes**</p>	<p>Cheese Grits Peaches Milk **DF: No Cheese**</p>	<p>Kix Cereal Orange Slices Milk **GF: GF Bread** **DF: Use Applebutter**</p>	<p>Sausage Biscuit Applesauce Milk **Veg: Plain Biscuit** **GF,DF: Sausage Patty**</p>	<p>Bagels w/ Cream Cheese Pears Milk **EF: Sausage Patty**</p>
<p>Lunch</p>	<p>BBQ Chicken Sliders Peas Mandarin Oranges Milk **GF,DF: Bun** **Veg: Veggie Burger**</p>	<p>Turkey Pinwheels Steamed Broccoli Pears Milk **Veg: No Turkey** **DF: No Cheese** **GF: No Tortilla Shell**</p>	<p>Chicken Fried Rice w/ Peas & Carrots Fresh Pineapples Milk **GF,DF: Pasta Marinara**</p>	<p>Turkey Meatball Sub Garden Salad Mixed Fruit Milk **Veg: Grilled Cheese** **GF: No Bread**</p>	<p>Fiesta Salad: Back Beans, Corn, Cucumber, Tomatoes Rolls Fresh Apple Slices Milk</p>
<p>Afternoon Snack</p>	<p>Goldfish Applesauce Water **DF,GF: Oatmeal Cookies**</p>	<p>Veggie Straws Fruit Cup Water</p>	<p>Fig Bars Yogurt Water **GF,DF: Fig Bar**</p>	<p>Chocolate Pudding Animal Crackers Water **GF,DF: Fruit Cup**</p>	<p>Graham Crackers Sunbutter Water</p>

October 2020

<p>Childrens Lighthouse of Raleigh</p>	<p>Monday 26</p>	<p>Tuesday 27</p>	<p>World Wide Wednesday 28</p>	<p>Thursday 29</p>	<p>Friday 30</p>
<p>Breakfast</p>	<p>Blueberry Muffins Diced Gala Apples Milk **DF: English Muffin** **GF: Oatmeal**</p>	<p>Waffles Pears Milk **GF, DF: Waffle**</p>	<p>English Muffin w/ Applebutter Mixed Tropical Fruit Milk **EF: Sausage Patty**</p>	<p>Chex Mix Cereal Bananas Milk</p>	<p>Fruit Smoothie Graham Crackers **DF: Use Soy Milk**</p>
<p>Lunch</p>	<p>Chicken Salad Wraps Carrots w/ Ranch Mixed Tropical Fruit Milk **Veg,DF: Sunbutter Sandwich**</p>	<p>Chicken Filet Sandwich Seasoned French Fries Mandarin Oranges Milk **Veg: Veggie Burger** **DF: No Cheese**</p>	<p>Cheese Quesadillas Peaches Milk **DF: Turkey Sandwich**</p>	<p>Chef's Salad: Ham, Cherry Tomatoes, Cheese, Croutons, Lettuce Apple Slices Milk **Veg: No Ham** **DF: No Cheese**</p>	<p>Pepperoni Pizza Steamed Broccoli Pears Milk **DF,GF: Pasta w/Garlic Sauce**</p>
<p>Afternoon Snack</p>	<p>String Cheese Crackers Water **DF: Veggie Straws**</p>	<p>Goldfish Applesauce Water **GF,DF: Fig Bar**</p>	<p>Graham Crackers w/ Sunbutter Water</p>	<p>Vanilla Yogurt Peaches Water **DF: Applesauce**</p>	<p>Veggie Straws Mandarin Oranges Water</p>

October Infant Menu

Childrens Lighthouse of Raleigh	Monday 5	Tuesday 6	World Wide Wednesday 7	Thursday 8	Friday 9
Breakfast	Bagel w/ Strawberry Cream Cheese Peaches Milk	Scrambled Eggs w/ Applebutter Toast Pineapples Milk	French Toast Sticks Pears Milk	Deconstructed Fruit Smoothie w/ Graham Crackers	Cheerios Cereal Bananas Milk
Lunch	Sunbutter Sandwich Carrots w/ Ranch Mixed Fruit Milk	Mac & Cheese California Broccoli Blend Applesauce Milk	Beef-a-roni Side Salad Tropical Fruit Milk	Fish Sticks Vegetable Blend Applesauce Milk	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk
Afternoon Snack	Crackers w/ Hummus Water	Goldfish Applesauce Water	Nutri Grain Bar Mixed Fruit Water	Veggie Straws Mandarin Oranges Water	String Cheese Graham Crackers Water

October Infant Menu

Childrens Lighthouse of Raleigh	Monday 12	Tuesday 13	World Wide Wednesday 14	Thursday 15	Friday 16
Breakfast		Waffles w/ Strawberries Milk	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk	Fruit w/ Yogurt Crushed Graham Crackers
Lunch		Grilled Cheese Tomato Soup Fresh Pineapples Milk	Deconstructed Chicken Soft Taco w/ Black Beans Pears Milk	Deconstructed Chicken Sandwich Applesauce Seasoned French Fries Milk	Cheese Pizza Cooked Carrots Melon Milk
Afternoon Snack		Vanilla Wafers Fruit Cups Water	Goldfish Applesauce Water	Graham Crackers Strawberry Yogurt Water	Crackers Pears Water

October Infant Menu

Childrens Lighthouse of Raleigh	Monday 19	Tuesday 20	World Wide Wednesday 21	Thursday 22	Friday 23
Breakfast	Pancakes Apricots Milk	Cheese Grits Peaches Milk	Cheerios Cereal Orange Slices Milk	Deconstructed Sausage Biscuit Applesauce Milk	Bagels w/ Cream Cheese Pears Milk
Lunch	Deconstructed BBQ Chicken Sliders Peas Mandarin Oranges Milk	Deconstructed Turkey Pinwheels Steamed Broccoli Pears Milk	Chicken Fried Rice w/ Peas & Carrots Fresh Pineapples Milk	Turkey Meatball Sub Green Beans Mixed Fruit Milk	Grilled Cheese Applesauce Milk
Afternoon Snack	Goldfish Applesauce Water	Veggie Straws Fruit Cup Water	Fig Bars Yogurt Water	Chocolate Pudding Animal Crackers Water	Graham Crackers Sunbutter Water

October Infant Menu

Childrens Lighthouse of Raleigh	Monday 26	Tuesday 27	World Wide Wednesday 28	Thursday 29	Friday 30
Breakfast	Blueberry Muffins Applesauce Milk	Waffles Pears Milk	Toast w/ Applebutter Apricots Milk	Cheerios Cereal Bananas Milk	Deconstructed Fruit Smoothie Graham Crackers
Lunch	Chicken Salad Cooked Carrots Mixed Tropical Fruit Milk	Grilled Cheese Sandwich Seasoned French Fries Mandarin Oranges Milk	Chicken & Broccoli Alfredo Pasta Peaches Milk	Chicken Nuggets Sweet Potato Fries Melon Milk	Cheese Pizza Steamed Broccoli Pears Milk
Afternoon Snack	String Cheese Crackers Water	Goldfish Applesauce Water	Graham Crackers w/ Sunbutter Water	Vanilla Yogurt Peaches Water	Veggie Straws Fruit Cup Water