

**HARVEST OF THE MONTH****Great Apple Crunch** – Crunching into locally grown apples on 10/14**Pumpkin** – Vegetable to taste this month on 10/28!**October is National Farm to ECE Month!****October Menu 2021****Blue** = HSCCC and EHSCCC**No Color** = All Classrooms

	Monday	Tuesday	Wednesday	Thursday	Friday
4					<b>Breakfast</b> WG Pancake Pears  <b>Lunch</b> WG Grilled Cheese Tomato Soup Cauliflower/Broccoli Orange Slices  <b>Snack</b> Cucumber Coins Hummus  <b>Oct 1</b>
1	<b>Breakfast</b> 4 WG Pancake Mandarin Oranges Cottage Cheese  <b>Lunch</b> WG Chicken Tenders Carrots Fruit Cocktail  <b>Snack</b> WG Granola Greek Vanilla Yogurt	<b>Breakfast</b> 5 WG Waffle Sticks Tropical Fruit  <b>Lunch</b> Tuna Twist Salad WG Tortilla Cold Peas Mango & Berries  <b>Snack</b> WG Corn Tortilla Chips Salsa Mozzarella Cheese Stick	<b>Breakfast</b> 6 WG Tosteos Strawberries  <b>Lunch</b> Deli Turkey Slices WG Flatbread Three Sister's Soup Apple  <b>Snack</b> WG Toast Peaches	<b>Breakfast</b> 7 WG French Toast Sticks Baked Apple Slices  <b>Lunch</b> Mediterranean Chicken WG Brown Rice Pilaf Sweet Pepper Slices Banana  <b>Snack</b> WG Snack Mix Fresh Carrots	<b>Breakfast</b> 8 WG Apple Cinn Muffin Orange Slices  <b>Lunch</b> WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries  <b>Snack</b> WG English Muffin Tomato Sauce Shredded Cheese
2	<b>Breakfast</b> 11 WG Bagel Egg and Cheese Omelet Peaches  <b>Lunch</b> BBQ Beef WG Dinner Roll Cold Peas Tropical Fruit  <b>Snack</b> Ritz Crackers Cheese Slice	<b>Breakfast</b> 12 WG Toast Blueberries/Strawberries  <b>Lunch</b> Vanilla Yogurt WG Pancake Carrots Pears  <b>Snack</b> WG Blueberry Muffin Mandarin Oranges	<b>Breakfast</b> 13 WG Biscuit Mango  <b>Lunch</b> Ranchero Bean Tacos Shredded Cheese WG Tortilla Romaine Spinach Salad Salsa Orange Slices  <b>Snack</b> WG Flatbread Turkey	<b>Breakfast</b> 14 WG Kix Fresh Cantaloupe  <b>Lunch</b> Chicken/Turkey Meatballs WG Breadstick Mashed Potatoes Blackberries  <b>Snack</b> WG Teddy Grahams Apple <b>Great Apple Crunch!</b>	<b>Breakfast</b> 15 WG French Toast Sticks Apricots  <b>Lunch</b> WG Cheese Pizza Romaine Spinach Salad Mixed Fruit  <b>Snack</b> Cucumber Coins Hummus
3	18 <b>ALL CLASSROOMS CLOSED</b>	19 <b>ALL CLASSROOMS CLOSED</b>	20 <b>ALL CLASSROOMS CLOSED</b>	21 <b>ALL CLASSROOMS CLOSED</b>	22 <b>REACH-UP CLOSED</b>
4	<b>Breakfast</b> 25 WG Kix Egg and Cheese Omelet Fruit Cocktail  <b>Lunch</b> Samosa Chicken WG Flatbread Diced Potatoes Peaches  <b>Snack</b> Ritz Crackers Cheese Slice	<b>Breakfast</b> 26 WG Bagel Green Apple Slices  <b>Lunch</b> Chicken Salad WG Bun Romaine Lettuce Tomatoes Blackberries  <b>Snack</b> WG Blueberry Muffin Mandarin Oranges	<b>Breakfast</b> 27 WG Toast Sunshine Fruit  <b>Lunch</b> Bean Chili Cheese Slice WG Cornbread Carrots Fruit Infused Applesauce  <b>Snack</b> WG Flatbread Turkey	<b>Breakfast</b> 28 WG English Muffin Apricots  <b>Lunch</b> Turkey Burger WG Bun Cucumber Coins Strawberries  <b>Snack</b> WG Teddy Grahams Apple <b>Pumpkin (make your own pumpkin dip!)</b>	29 <b>ALL CLASSROOMS CLOSED</b>
<b>HSCCC PM SNACK</b>					
	WG Bagel Mandarin Oranges	Ritz Crackers Cottage Cheese	WG Snack Mix Peaches	WG Toast Pineapple	WG Biscuit Applesauce

**Milk:****Served daily with breakfast & lunch****1-yr-olds** = unflavored whole milk**2-yr-olds** = unflavored 1% milk**3-5-yr-olds** = unflavored 1% milk**WG** = Whole Grain-Rich**Non-discrimination Statement:** "This institution is an equal opportunity provider."