



**St. Joseph  
Academy**

Menu For Week Of:

**October 15-19 2018**

Early Childhood Education Center

Water Available at all Times



Week	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>Breakfast</b>	Boiled Eggs	<b>WG English Muffin</b>	Frittata	<b>WG Raisin Toast</b>	<b>Breakfast Cereal</b>
	<b>WG Toast</b>	Breakfast Sausage	<b>1/2 Slice Toast</b>	Jelly	
	Pears	Peaches	Pineapple	Strawberries	100% Juice
	Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>	Burger on <b>WG Bun</b>	Northern Beans Soup	Teriyaki Chicken	<b>French Toast Sticks / Syrup</b>	Pizza
	Squash	<b>Ham Sandwich</b>	<b>Brown Rice</b>	Breakfast Sausage	Broccoli
	Pickle	Cucumber/Tomato Salad	Green Beans	Carrots	
	1/2 Banana	Applesauce or Fresh Apple 1/2	Pears	Mandarin Oranges or 1/2 Fresh Orange	Mixed Fruit
	Milk	Milk	Milk	Milk	Milk
<b>P.M. Snack</b>	Cheese Wedge	Fresh Banana Square	Baby Carrot w/ Hummus	Yogurt w/ Homeade Granola	<b>Assorted Grahams</b>
	<b>WG Sliced Bread</b>	Milk	<b>WG Crackers</b>	Fresh Fruit	Milk

All menus subject to change.

WG=Whole Grains: Bold=WG

This institution is an equal opportunity provider.

\*Whole unflavored milk served to 1 year olds.

\*Skim unflavored milk served to 2 years and older.

Milk served daily for break.