



St. Joseph
Academy

Early Childhood Education Center

Menu for the week of: October 8-12 2018

Water available at all times



	Monday 8	Tuesday 9	Wednesday 10	Wednesday 11	Friday 12
Breakfast	Scrambled Eggs	Carrot Quinoa Square	Oatmeal	Bagel filled w/ Cream Cheese	Pumpkin Square
	WG Toast	String Cheese			
	Applesauce	Peaches	Pears	Mixed Fruit	Pineapple
	Milk	Milk	Milk	Milk	Milk
Lunch	Chicken Nuggets	Burrito	Chicken Breast or Chicken Leg	Stir Fry	Mac and Cheese
	Cream Corn	Black Beans	Mixed Roots	Brown Rice	Beets
	WG Dinner Roll	Mango Relish	WG Dinner Roll	Fortune Cookie	1/2 WG Sliced Bread
	1/2 Banana	Mandarin Oranges / 1/2 Fresh Orange	Fresh Melon	Fresh Pineapple	Sliced Apples
	Milk	Milk	Milk	Milk	Milk
P.M. Snack	Breakfast Cereal	Cheese Wedge	Fresh Fruit	1/2 Boiled Egg	WG Grahams
	Milk	WG Crackers	Yogurt	WG Slice Bread	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 at break.