

OCT 1-3	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	National bullying prevention awareness month		WG Rice Crispies 1 each Blueberries ½ c 1% Milk 6oz	WG Oatmeal ½ oz eq Raisins ¼ c 1% Milk 6oz	WG Pancake ½ each 100% Grapefruit Juice 4oz 1% Milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal QO- quaker oats Hltp- Hilltop *Recipe
LUNCH			<u>Adobo Chicken</u> Chicken 1 ½ oz Kale ½ c WG Crouton ½ oz eq Pears ¼ c 1% Milk 6oz	<u>Turkey sandwich</u> Sliced Turkey 1½ oz WW Bread 1 each Green bean ¼ c Oranges ¼ c 1% Milk 6oz	<u>Fish Sticks</u> WGR Fish sticks 1½ oz Peas & carrots ¼ c Pineapple ¼ c 1% Milk 6oz	TRIBUTE TO OUR TEACHERS! Teachers empower students with the knowledge and skills they need to reach their potential and achieve their dreams.
SNACK			WG Corn muffin ½ each 100% Apple Juice 4oz	WG Cinnamon fish ½ oz eq 'Virgin Coquito' 1% milk 4oz	Hummus ½ oz WW Crackers ½ oz eq Water	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies

OCT 6-10	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WGR English muffin ½ oz eq Applesauce ½ c 1% Milk 6oz	WGR French toast ½ oz eq Cantaloupe ½ c 1% Milk 6oz	Yogurt ¼ c Blueberry ½ c 1% Milk 6oz	Turkey sausage ½ oz White potatoes w/ onions ½ c 1% Milk 6oz	WW Bagel ½ each 100% Pineapple Juice 4oz 1% Milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal QO- quaker oats Hltp- Hilltop *Recipe
LUNCH	<u>Taco</u> WG Taco shell 2 each Ground Turkey 1½ oz Lettuce ½ c Corn on the cob 1 1% Milk 6oz	<u>Fish & Beans</u> WG Quinoa ½ oz eq Pollock 1 ½ oz Cannellini & tomatoes ¼ c Peach ¼ c 1% Milk 6oz	<u>Chicken nugget</u> Chicken nugget 1 ½ oz WW crackers ½ oz eq Cucumbers ¼ c Oranges ¼ c 1% Milk 6oz	<u>Grilled cheese</u> WW bread 1 each Cheddar cheese 1 ½ oz Broccoli ¼ c Fruit cocktail ¼ c 1% Milk 6oz	<u>Curry chicken</u> Chicken 1 ½ oz WG Br rice ½ oz eq Celery and carrots ¼ c Apples ¼ c 1% Milk 6oz	KINDNESS What kind thing will you do today? 
SNACK	WG Cheez-it 1 pk 100% Apple Juice 4oz	French Fries ½ c Mozzarella cheese ½ oz eq Water	'Pierogi Day' Potato & Cheese pierogi 2 each 100% Grape juice 4oz	WG Sweet potato crackers ½ oz eq 100% Cran- grape juice 4oz	WW Tostadas ½ oz eq Banana 1 each Water	ENJOY 

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OCT 13-17	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST 	SCHOOL CLOSED	WGR Waffle ½ oz eq 100% OJ 4oz 1% Milk 6oz	WW Toast ½ each Apples ½ c 1% Milk 6oz	WG Rice Crispies 1 each Blueberries ½ c 1% Milk 6oz	WG Oatmeal ½ oz eq Raisins ¼ c 1% Milk 6oz	Key: HltP- hilltop Hearth M-O-M- Malt-O-Meal QO- quaker oats HltP- Hilltop *Recipe
LUNCH 		<u>Spanish pasta</u> WG Spaghetti ½ oz eq Tomato, olives ¼c Smoked Turkey 1½ oz Pears ¼ c 1% Milk 6oz	<u>Chili w/ Cheese</u> Chili, vegetarian Cheddar cheese 1½ oz Kidney beans ¼ c WG Tortilla Scoops ½ oz eq Pineapple ¼ c 1% Milk 6oz	<u>Adobo Chicken</u> Chicken 1 ½ oz Kale ¼ c WG Crouton ½ oz eq Pears ¼ c 1% Milk 6oz	<u>Turkey sandwich</u> Sliced Turkey 1½ oz WW Bread 1 each Green bean ¼ c Oranges ¼ c 1% Milk 6oz	ACCEPTANCE How can I let my classmate know I accept them? 
SNACK 	INDIGENOUS PEOPLE DAY	'Trail Mix' WG Chex cereal ½ oz eq Raisins and cranberries ¼ c Water	Yogurt ¼ c Peaches ½ c Water	WG Corn muffin ½ each 100% Apple Juice 4oz	WG Cinnamon fish ½ oz eq 'Virgin Coquito' 1% milk 4oz	ENJOY 

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OCT 20-24	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍌					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WG Pancake ½ each 100% Grapefruit Juice 4oz 1% Milk 6oz	WGR English muffin ½ oz eq Applesauce ½ c 1% Milk 6oz	WGR French toast ½ oz eq cantaloupe ½ c 1% Milk 6oz	Yogurt ¼ c Blueberry ½ c 1% Milk 6oz	Turkey sausage ½ oz White potatoes w/ onions ½ c 1% Milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal QO- quaker oats Hltp- Hilltop *Recipe
LUNCH	<u>Fish Sticks</u> WGR Fish sticks 1½ oz Peas & carrots ¼ c Pineapple ¼ c 1% Milk 6oz	<u>Taco</u> WG Taco shell 2 each Ground turkey 1½ oz Lettuce ½ c Corn on the cob 1 1% milk 6oz	<u>Quinoa & Beans</u> WG Quinoa ½ oz eq Pollock 1½ oz Cannellini & tomatoes ¼ c Peaches ¼ c 1% milk 6oz	<u>Chicken nugget</u> Chicken nugget 1 ½ oz WW Crackers ½ oz eq Cucumbers ¼ c Oranges ¼ c 1% milk 6oz	<u>Grilled cheese</u> WW Bread 1 each Cheddar cheese 1 ½ oz Broccoli ¼ c Fruit cocktail ¼ c 1% milk 6oz	INCLUSION How can I include my friend at school? 
SNACK	Hummus ½ oz WW Crackers ½ oz eq Water	WG Cheez-it 1 pk 100% Apple Juice 4oz	French Fries ½ c Mozzarella cheese 1½ oz Water	B-Day Celebration Baked apple ½ c WGR Biscuit ½ each Whip cream Water	WG Sweet potato crackers ½ oz eq 100% Cran- grape juice 4oz	ENJOY 😊

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OCT 27-31	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. 🍎					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST	WW Bagel ½ each Pineapple Juice 4oz 1% Milk 6oz	WG Grits ½ oz eq Strawberries ½ c 1% Milk 6oz	WGR Waffle ½ oz eq 100% OJ 4oz 1% Milk 6oz	WG Corn Muffin 1 each Apples ½ c 1% Milk 6oz	WG Rice Crispies 1 each Blueberries ½ c 1% Milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal QO- quaker oats Hltp- Hilltop *Recipe
LUNCH	<u>Curry chicken</u> Chicken 1 ½ oz WG Br rice ½ oz eq Celery and carrots ¼ c Apples ¼ c 1% milk 6oz	<u>Egg Sandwich</u> Egg 1 ½ oz WW Bun 1 each Green beans ¼ c Peaches ¼ c 1% milk 6oz	<u>Spanish pasta</u> WG Spaghetti ½ oz eq Tomato, olives ¼c Smoked Turkey 1 ½ oz Pears ¼ c 1% milk 6oz	<u>Chili w/ Cheese</u> Chili, vegetarian Cheddar cheese 1 ½ oz Kidney beans ¼ c WG Tortilla Scoops ½ oz eq Pineapple ¼ c 1% milk 6oz	<u>Chicken Cesear Salad</u> Grilled chicken strips 1 ½ oz Romaine ½ c WG Croutons ¼c Oranges ¼ c 1% milk 6oz	UNITY 
SNACK	WW Cinnamon toast ½ oz eq Banana 1 each Water	Tuna ½ oz WW Crackers ½ oz eq Water	‘Trail Mix’ WG Chex cereal ½ oz eq Raisins and cranberries ¼ c Water	Yogurt ¼ c Peaches ½ c Water	Corn muffin ½ each 100% apple juice 4oz	

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