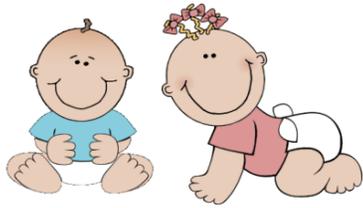


Bumble Bees, Sprouts, Super Stars & Lil Gardeners October 2018 Breakfast & Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
10/1	10/2	10/3	10/4	10/5
(B) Rice cereal, W/milk Juice or water (S) Goldfish crackers, Juice or water	(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, Juice or water	(B) Oatmeal, Raisins, milk (S) Vanilla wafers, milk or water	(B) Raisin Bran cereal, milk, tropical fruit (S) Pretzels, Juice or water	(B) Nutri-grain Bar, fresh fruit, milk (S) Sun chips, Juice or water
10/8	10/9	10/10	10/11	10/12
(B) Oat cereal W/milk, peaches (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, 1/4 c. Mandrin Orange (S) Animal Crackers, Juice or water	(B) 1/2 English Muffins w/ jelly, milk applesauce (S) Graham crackers, Juice or water	(B) Corn Flake Cereal w/Milk, pears (S) Nacho chips, Juice or water	(B) Bagel w/ cream cheese, fresh fruit, milk (S) Ritz cracker & String cheese, Juice or water
10/15	10/16	10/17	10/18	10/19
(B) Rice cereal, W/milk Juice or water (S) Goldfish crackers, Juice or water	(B) 1 Waffles, milk, Applesauce (S) Saltines w/American cheese, Juice or water	(B) Oatmeal, Raisins, milk (S) Blueberry Lemon Crispy Bites, milk or water	(B) Raisin Bran cereal, milk, tropical fruit (S) Pretzels, Juice or water	(B) French Toast Sticks, fresh fruit, milk (S) Sun chips, Juice or water
10/22	10/23	10/24	10/25	10/26
(B) Oat cereal W/milk, peaches (S) Veggie Sticks, Juice or water	(B) 1 Pancakes, milk, 1/4 c. Mandrin Orange (S) Animal Crackers, Juice or water	(B) 1/2 English Muffins w/ jelly, milk applesauce (S) Graham crackers, Juice or water	(B) Corn Flake Cereal w/Milk, pears (S) Nacho chips, Juice or water	(B) Bagel w/ cream cheese, fresh fruit, milk (S) Ritz cracker & String cheese, Juice or water
10/29	10/30	10/31	11/1	11/2



October 2018

Breakfast and Snack Menu for The Snuggle Bugs



Monday	Tuesday	Wednesday	Thursday	Friday
10/1	10/2	10/3	10/4	10/5
(B) 1/2 c. Oat cereal W/milk, applesauce (S) 1/2 c. goldfish , Juice or milk	(B) 1 Waffle, milk, 1/4 c. Fruit Cocktail (S) saltine crackers, Juice or milk	(B) 1 Graham crackers, fresh fruit, milk (S) 3 vanilla wafers Juice or milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches (S) Pretzel chip Juice or milk	(B) 1 French Toast Stick, pineapples, milk (S) S Ritz crackers, Juice or milk
10/8	10/9	10/10	10/11	10/12
(B) 1/2 c. Oat cereal W/milk, applesauce (S) Vanilla wafers, Juice or milk	(B) 1 Pancakes, milk, 1/4 c. Pineapple (S) 2 Animal Crackers, Juice or milk	(B) English Muffin , milk 1/4 c. tropical fruit (S) 1/2 c. Goldfish , Juice or milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches (S) Oyster cracker ,Juice or milk	(B) Nutri-grain Bar, milk, 1/4 c. pears (S) Cinnamon Grahams, Juice or milk
10/15	10/16	10/17	10/18	10/19
(B) 1/2 c. Oat cereal W/milk, applesauce (S) 1/2 c. goldfish , Juice or milk	(B) 1 Waffle, milk, 1/4 c. Fruit Cocktail (S) saltine crackers, Juice or milk	(B) 1 Graham crackers, fresh fruit, milk (S) 3 vanilla wafers Juice or milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches (S) Pretzel chip Juice or milk	(B) 1 French Toast Stick, pineapples, milk (S) S Ritz crackers, Juice or milk
10/22	10/23	10/24	10/25	10/26
(B) 1/2 c. Oat cereal W/milk, applesauce (S) Vanilla wafers, Juice or milk	(B) 1 Pancakes, milk, 1/4 c. Pineapple (S) 2 Animal Crackers, Juice or milk	(B) English Muffin , milk 1/4 c. tropical fruit (S) 1/2 c. Goldfish , Juice or milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches (S) Oyster cracker ,Juice or milk	(B) Nutri-grain Bar, milk, 1/4 c. pears (S) Cinnamon Grahams, Juice or milk
10/29	10/30	10/31	11/1	11/2
(B) 1/2 c. Oat cereal W/milk, applesauce (S) 1/2 c. goldfish , Juice or milk	(B) 1 Waffle, milk, 1/4 c. Fruit Cocktail (S) saltine crackers, Juice or milk	(B) 1 Graham crackers, fresh fruit, milk (S) 3 vanilla wafers Juice or milk	(B) 1/2 c. Corn Cereal Milk, 1/4 c. peaches (S) Pretzel chip Juice or milk	(B) 1 French Toast Stick, pineapples, milk (S) S Ritz crackers, Juice or milk

October 2018 Breakfast, Lunch and Snack Menu for Infants

	Birth through 3 months	4 through 7 months	8 through 11 months
Breakfast	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal	6-8 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk and 2-4 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal and 1-4 T Gerber peaches, pears, bananas or applesauce
Lunch	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-3 T Iron fortified Gerber Oatmeal, Rice or Mixed Cereal	1-4 T Gerber peaches, pears, bananas, applesauce green beans, carrots, squash, peas or sweet potatoes 1-4 T Gerber peaches, pears, bananas or applesauce an/or Gerber chicken, ham or veal
Snack	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	4- 6 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk	6-8 fl oz. Enfamil Premium Iron-fortified infant formula or breast milk. If Desired 1-2 graham cracker squares, saltines, cheerios or 1/4 cup goldfish crackers

Children may start on different jar food due to parent or physician's request