### October 2015

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<th>Mon</th>
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<td><strong>Campus Pre-School makes every effort to accommodate food allergies and sensitivities. We serve CACFP recommended substitutions.</strong></td>
<td><strong>If you wish to discuss your child’s dietary needs, please stop in at the main office. A doctor’s note may be required for accommodations.</strong></td>
<td><strong>Families can bring food from home for their child after a discussion has taken place with the office and any needed documentation is provided.</strong></td>
<td><strong>1 Waffles, Pineapple</strong>&lt;br&gt;Baked Ham, Mashed Potatoes, Green Beans, Mandarin Orange/Grapefruit Mix, Bread**</td>
<td><strong>2 Cold Cereal, Plums</strong>&lt;br&gt;Veggie Pancakes, Turkey Sausage, Carrots, Applesauce**</td>
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<td>5 English Muffin, Oranges&lt;br&gt;Chicken Nuggets, Three Bean Salad, Apples, Bread</td>
<td>6 Bagels with Fruit Jelly, Pears&lt;br&gt;Black beans and Rice, Broccoli, Mixed Melon</td>
<td>7 Oatmeal, Peaches&lt;br&gt;Tuna Casserole, Pea/Carrot Mix, Fruit Cocktail</td>
<td>8 Scrambled Eggs, Tortilla, Bananas&lt;br&gt;Hamburger with Bun, Tossed Salad, Yogurt/Berry Frozen Pop</td>
<td>9 Brown Sugar Rice Bake, Strawberries&lt;br&gt;Grilled Cheese Sandwich, Homemade Tomato Soup, Grapes</td>
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<td>12 Cold Cereal, Apples&lt;br&gt;Spaghetti with Ground Turkey, Green Beans, Mandarin Oranges</td>
<td>13 Pumpkin Squares, Grapes&lt;br&gt;Beef Sloppy Joe with Bun, California Mix Veggies, Applesauce</td>
<td>14 English Muffin with Turkey Sausage, Mixed Fresh Fruit&lt;br&gt;Fish Sticks, Couscous, Broccoli, Plums</td>
<td>15 Cold Cereal, Bananas&lt;br&gt;Cheese Pizza, Zucchini, Melon</td>
<td>16 Baked Oatmeal, Oranges&lt;br&gt;Greek Chicken with Pita, Tomato/Cucumber Salad, Pears</td>
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<td>19 Bagel with Cream Cheese, Grapes&lt;br&gt;Spanish Rice with Ground Beef, Black Beans, Pineapple</td>
<td>20 Cold Cereal, Creamy Fruit Salad&lt;br&gt;Roasted Turkey Breast, Sweet Potatoes, Apples, Bread</td>
<td>21 Breakfast Bars, Bananas&lt;br&gt;Egg Salad Sandwich, Spinach Salad, Mandarin Orange/Grapefruit Mix</td>
<td>22 Brown Sugar Rice Bake, Blueberries&lt;br&gt;Chicken Spiedies, Bun, Pea/Carrot Mix, Applesauce</td>
<td>23 Cold Cereal, Plums&lt;br&gt;Beef Meatloaf, Mashed Potatoes, Green Beans, Fruit Cocktail, Bread</td>
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<td>26 Oatmeal, Bananas&lt;br&gt;Cheese Quesadilla, Salsa, Broccoli, Oranges</td>
<td>27 Scrambled Eggs, Tortilla, Melon&lt;br&gt;Chili with Beans and Ground Chicken, Corn Bread, Peaches</td>
<td>28 Cold Cereal, Strawberry/Blueberry Mix&lt;br&gt;Pancakes, Turkey Sausage, Applesauce, Carrots</td>
<td>29 Pumpkin Squares, Fruit Kabobs&lt;br&gt;Barbeque Beef with Bun, Vegetarian Beans, Pears</td>
<td>30 English Muffin, Mandarin Oranges&lt;br&gt;Ground Turkey Goulash, Cauliflower, Apples, Bread</td>
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**CACFP Healthy Child Meal Pattern for serving sizes**

We follow Age 1-2 meal patterns for Sparrows, Chickadees, and Swan Rooms and Ages 3-5 meal patterns for all other classrooms. Milk is served at Breakfast & Lunch. 1% milk is served to children 2 yrs and older. A variety of cold cereal served, all with under 6 grams of sugar. Lunch is served with whole wheat bread when a grain is not on the menu. Raw veggies or a fresh fruit platter are served with every lunch as an extra offering. Allowable Substitutions will be made if menu items are not available.