

# OCTOBER



## TIGER CUB PRESCHOOL



	MON	TUE	WED	THU	FRI
OCT 1-2			<b>Breakfast:</b> Muffin <b>Lunch:</b> Cheese Pizza <b>Snack:</b> Fruit 1% Milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Macaroni & Cheese <b>Snack:</b> String Cheese 100% Juice	
OCT 6-9	<b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Chicken Burger <b>Snack:</b> WG Goldfish Pretzels 100% Juice	<b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Turkey Sandwich <b>Snack:</b> Fruit 1% milk	<b>Breakfast:</b> Bagel w/cream cheese <b>Lunch:</b> Cheese Pizza <b>Snack:</b> WG Goldfish Cracker 1% milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Chicken Alfredo Pasta <b>Snack:</b> String Cheese 100% Juice	<b>All Breakfasts are served with fruit and milk</b>
OCT 13-16	<b>Breakfast:</b> Muffin <b>Lunch:</b> Chicken Nuggets <b>Snack:</b> WG Giant Goldfish 100% Juice	<b>Breakfast:</b> Pancake Bites <b>Lunch:</b> Nachos <b>Snack:</b> WG Graham Cracker 1% milk	<b>Breakfast:</b> Breakfast Sandwich <b>Lunch:</b> Cheese Pizza <b>Snack:</b> Fruit 1% milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Spaghetti <b>Snack:</b> String Cheese 100% Juice	<b>All Lunches are served with fruit, veggie and milk</b>
OCT 20-23	<b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chicken Strips <b>Snack:</b> WG Goldfish Pretzel 100% Juice	<b>Breakfast:</b> Egg & Cheese Quesadilla <b>Lunch:</b> Italian Sub <b>Snack:</b> Fruit 1% milk	<b>Breakfast:</b> Sausage & Cheese Biscuit <b>Lunch:</b> Cheese Pizza <b>Snack:</b> WG Goldfish Cracker 1% milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Chicken Potato Bowl <b>Snack:</b> String Cheese 100% Juice	
OCT 27-30	<b>Breakfast:</b> Waffles <b>Lunch:</b> Cheesy Breadsticks <b>Snack:</b> WG Giant Goldfish 100% Juice	<b>Breakfast:</b> Oatmeal <b>Lunch:</b> Quesadilla <b>Snacks:</b> WG Graham Cracker 1% milk	<b>Breakfast:</b> Mini Pancakes <b>Lunch:</b> Cheese Pizza <b>Snack:</b> Fruit 1% milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Baked Penne Pasta <b>Snack:</b> String Cheese 100% Juice	

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Additional nutritional information available online at: [ephra schools.nutrislice.com/menu](http://ephra schools.nutrislice.com/menu)