Child Development, Inc.

TAMAQUA

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	**2**
			WG Waffles w/Syrup Juice/Milk **WG Baked Cheese Pizza** **WG Tortilla Chips** **Mixed Vegetables** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Cheesy Breadsticks** **Dipping Sauce** **Garden Salad** **Choice of Fruit**
5	**6**	**7**	**8**	**9**
WG Assorted Cereal Juice/Milk **WG Chicken Patty** **Mashed Potatoes** **Steamed Corn** **Choice of Fruit**	WG Pancakes w/Syrup Juice/Milk **Taco Tuesday** **WG Chips,Cheese,Salsa** **WG Brown Rice** **Refried Beans** **Choice of Fruit**	Yogurt/WG Mini Loaf Juice/Milk **WG Buttered Pierogis** **WG Roll** **String Cheese** **Steamed Carrots** **Choice of Fruit**	Egg & Cheese Sandwich Juice/Milk **Beef Cheesesteak** **WG Roll** **French Fries** **Steamed Broccoli** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Mac & Cheese** **WG Breaded Chicken** **Stewed Tomatoes** **Choice of Fruit**
12	**13**	**14**	**15**	**16**
Teachers Professional Development Day **ALL CENTERS CLOSED**	WG French Toast Sticks Juice/Milk **Meatballs in Sauce** **WG Buttered Pasta** **Steamed Corn** **Choice of Fruit**	Yogurt/Granola Juice/Milk **WG Cheesy Breadsticks** **Dipping Sauce** **Garden Salad** **Steamed Broccoli** **Choice of Fruit**	WG Dutch Waffle Juice/Milk **Hamburger on WG Bun** **French Fries** **Mixed Vegetables** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Chicken Taco** **WG Brown Rice** **Cheese & Salsa** **Refried Beans** **Choice of Fruit**
19	**20**	**21**	**22**	**23**
WG Assorted Cereal Juice/Milk **WG Breaded Chicken** **WG Buttered Pasta** **Steamed Broccoli** **Choice of Fruit**	WG Waffles w/Syrup Juice/Milk **Ham & Cheese** **WG Pretzel Roll** **WG Tortilla Chips** **Steamed Peas** **Choice of Fruit**	Yogurt/WG Mini Loaf Juice/Milk **WG Pasta w/Meatballs** **Shred Cheese** **WG Roll** **Steamed Carrots** **Choice of Fruit**	WG Pancakes w/Syrup Juice/Milk **Chicken Patty on WG Bun** **Baby Cake Potatoes** **Green Beans** **Choice of Fruit**	WG Assorted Cereal Juice/Milk **WG Cheesy Breadsticks** **Dipping Sauce** **Kidney Beans** **Choice of Fruit**
26	**27**	**28**	**29**	**30**
WG Assorted Cereal Juice/Milk **WG Chicken Finger Wrap** **WG Brown Rice** **Steamed Corn** **Choice of Fruit**	WG Waffles w/Syrup Juice/Milk **Taco Tuesday w/WG Chips** **Cheese & Shred Lett** **Green Beans** **Choice of Fruit**	Yogurt/Granola Juice/Milk **WG Fish Shapes** **French Fries** **Steamed Broccoli** **Choice of Fruit**	WG Pancakes w/Syrup Juice/Milk **WG Beef-A-Roni** **Shredded Cheese** **WG Roll** **Steamed Carrots** **Choice of Fruit**	**Teachers Professional Development Day** **ALL CENTERS CLOSED**

All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change