

Menu Plan
 First Baptist Church Daycare
 Week Of: October 18, 2021

	1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Choose 2 of these 4 Fluid Milk Fruit, Vegetable, Full Strength Juice Cereal, Bread or Bread Alternative Meat and/or Alternative	Juice Cereal Mix	Juice Cereal Bars	Juice Bagels Fruit Jelly	Juice Cinnamon Raisin Bread	Juice Chewy Granola Bar
Lunch	Fluid Milk Meat and/ or Alternative Bread or Equivalent Vegetable or Fruit Vegetable or Fruit Additional Food (Optional)	Milk Meatballs Rice Carrots Diced Pears Gravy	Milk Chicken Quesadillas Pinto Beans Diced Peaches	Milk Sliced Ham Cheese Toast Peas Applesauce	Milk Beefy Spaghetios Green Beans Mandarin Oranges	Milk Turkey Pot Roast Roll Mashed Potatoes Fresh Berries Gravy
PM Snack	Choose 2 of these 4 Fluid Milk Fruit, Vegetable, Full Strength Juice Cereal, Bread or Bread Alternative Meat and/or Alternative	Juice Vanilla Wafers	Juice Animal Crackers	Juice Graham Crackers	Juice Goldfish	Juice Teddy Grahams

Contains Dairy

Contains Egg

Contains Dairy & Egg