



# Lamb of God ECM Menu

# October

Week 1 -- Preschool	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	2 <b>Milk</b> <b>Yogurt</b> <b>Strawberries</b>  <b>Granola</b> <b>Toast</b>	3 <b>Milk</b> <b>Orange Slices</b>  <b>English Muffins</b>	4 <b>Milk</b> <b>Blueberries</b>  <b>French Toast</b> <b>Sticks</b>	5 <b>Milk</b> <b>Apple Slices</b>  <b>Cheerios</b>	6 <b>Milk</b> <b>Bananas</b>  <b>Pancakes</b>
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	<b>Milk</b> <b>Salisbury</b> <b>Steak &amp; Gravy</b> <b>Mashed</b> <b>Potatoes</b> <b>Normandy</b> <b>Veggies</b> <b>Biscuit</b>	<b>Milk</b> <b>Chicken</b> <b>Carbonara</b> <b>Fruit Cocktail</b> <b>Normandy</b> <b>Mixed Veggies</b> <b>Penne Pasta</b>	<b>Milk</b> <b>Breaded</b> <b>Chicken</b> <b>Nuggets</b> <b>Pineapple</b> <b>Peas</b>	<b>Milk</b> <b>Spaghetti with</b> <b>Meat Sauce</b> <b>Clementine</b> <b>Orange</b> <b>Cooked Carrots</b> <b>Garlic Bread</b>	<b>Milk</b> <b>Chicken Patty</b> <b>Sandwich</b> <b>Peaches</b> <b>Green Beans</b> <i>*cheese lettuce tomato</i>
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	<b>Milk</b>   <b>Ritz Crackers</b>	<b>Apple Juice</b>  <b>Cheddar</b> <b>Cheese Cubes</b>	<b>Dried</b> <b>Cranberries</b>  <b>Saltine Crackers</b>	  <b>String Cheese</b>  <b>Pretzels</b>	<b>Milk</b>   <b>NutriGrain Bar</b>
<i>Fluid milk for children 2 years of age and older must be low-fat or fat-free</i>							

## October Is... Apple Month, Cranberry Month, and Farm to Table Month



**Look What's Cooking:** Be on the lookout for cooking activities in your child(ren)'s classroom(s). The Preschoolers will be making applesauce this month!

\*Normandy Mixed Vegetables contain carrots, broccoli, cauliflower, zucchini, and yellow squash



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Week 2 – Infant Toddler	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	9 <b>Milk</b> <b>Strawberry Slices</b>  <b>Rice Chex Cereal</b>	10 <i>Story Lady</i> <b>Milk</b> <b>Orange Slices</b>  <b>Mini Pancakes</b>	11 <b>Milk</b> <b>Blueberries</b>  <b>Cheesy Toast</b>	12 <i>Apple Crunch Day</i> <b>Milk</b> <b>Apples Slices</b>  <b>Mini Bagels</b>  <i>Field Trip: Pumpkin Patch</i>	13 <b>Milk</b> <b>Yogurt</b> <b>Bananas</b> <b>Granola</b> <b>Toast</b>
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	<b>Milk</b> <b>BBQ Chicken Sandwich</b> <b>Peaches</b> <b>Green Beans</b> <b>Cole Slaw</b>	<b>Milk</b> <b>Breaded Corn Dog</b>  <b>Pears</b> <b>Corn</b>	<b>Milk</b> <b>Turkey and Cheese Wrap</b>  <b>Pineapple</b> <b>Peas</b> <i>baked chips</i>	<b>Milk</b> <b>Chicken Alfredo</b>  <b>Mandarin Oranges</b> <b>Cooked Carrots</b> <b>Whole Grain Penne Pasta</b>	<b>Milk</b> <b>Beef and Black Bean Burrito</b>  <b>Fruit Cocktail</b> <b>Normandy</b> <b>Mixed Veggies</b>
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	<b>Milk</b>   <b>Ritz Crackers</b>	<b>Apple Juice</b>  <b>Cheddar Cheese Cubes</b>	<b>Dried Cranberries</b>   <b>Saltine Crackers</b>	  <b>String Cheese</b>  <b>Pretzels</b>	<b>Milk</b>   <b>Goldfish Crackers</b>

Fluid milk for children 2 years of age and older must be low-fat or fat-free

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Join us at Britt's Pumpkin Patch on October 12<sup>th</sup>!



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Week 3 -- Preschool	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	16 <b>Milk</b> <b>Apples Slices</b>  <b>Mini Pancakes</b>	17 <b>Milk</b> <b>Orange Slices</b>  <b>Warm Pita</b>	18 Picture Day <b>Milk</b> <b>Blueberries</b>  <b>French Toast Sticks</b>	19 <b>Milk</b> <b>Yogurt</b> <b>Strawberry Slices</b> <b>Granola Toast</b>	20 <b>Milk</b> <b>Bananas</b>  <b>Cheerios</b>
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	<b>Milk</b> <b>Breaded Fish Stick</b> <b>Peaches</b> <b>Steamed Broccoli</b> <b>Dinner Roll</b>	<b>Milk</b> <b>Salisbury Steak and Gravy</b> <b>Pears</b> <b>Corn</b> <b>Brown Rice</b>	<b>Milk</b> <b>Breaded Chicken</b> <b>Nuggets</b> <b>Pineapple</b> <b>Peas</b> <b>Biscuit</b>	<b>Milk</b> <b>Spaghetti with Meat Sauce</b> <b>Mandarin Oranges</b> <b>Cooked Carrots</b> <b>Garlic Bread</b>	<b>Milk</b> <b>Cheese Pita Pizza</b> <b>Fruit Cocktail</b> <b>Normandy Mixed Veggies</b>
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	<b>Milk</b>   <b>Ritz Crackers</b>	<b>Apple Juice</b>  <b>Cheddar Cheese Cubes</b>	<b>Milk</b>   <b>Blueberry Muffin</b>	  <b>String Cheese</b>  <b>Pretzels</b>	<b>Milk</b>   <b>Goldfish Crackers</b>

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SMILE! Picture Day is October 18....



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Week 4—Infant Toddler	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	23 <b>Milk</b> <b>Apples Slices</b>  <b>Blueberry Muffins</b>	24 <b>Milk</b> <b>Orange Slices</b>  <b>Warm Pita</b>	25 <b>Milk</b> <b>Blueberries</b>  <b>Mini Pancakes</b>	26 <b>Milk</b> <b>Strawberry Slices</b> <b>Mini Bagels</b> <i>cream cheese</i>	27 <b>Milk</b> <b>Bananas</b>  <b>Rice Chex Cereal</b>
Parent Teacher Conference Week ---- Parent Teacher Conference Week							
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	<b>Milk</b> <b>Breaded Fish Stick</b> <b>Peaches</b> <b>Steamed Broccoli</b> <b>Dinner Roll</b>	<b>Milk</b> <b>Macaroni and Cheese</b> <b>Pears</b> <b>Corn</b> <b>Biscuit</b>	<b>SUPER NACHO DAY!</b> <b>Milk</b> <b>Seasoned Ground Beef</b> <b>Pineapple</b> <b>Peas</b> <b>Corn Tortilla Chips</b> <i>lettuce, tomato, sour cream, salsa, cheese</i>	<b>Milk</b> <b>Spaghetti with Meat Sauce</b> <b>Applesauce</b> <b>Cooked Carrots</b> <b>Garlic Bread</b>	<b>Milk</b> <b>Cheese Pita Pizza</b> <b>Fruit Cocktail</b> <b>Normandy Mixed Veggies</b>
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	<b>Milk</b>   <b>Ritz Crackers</b>	<b>Apple Juice</b>  <b>Cheddar Cheese Cubes</b>	<b>Milk</b>  <b>Trail Mix</b> <i>(Cheerios, rice chex, banana chips, raisins, mini chocolate chips)</i>	 <b>String Cheese</b>  <b>Pretzels</b>	<b>Milk</b>   <b>Goldfish Crackers</b>

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Don't Forget to Schedule Parent Teacher Conferences:

October 23-27



Parent-Teacher Conferences



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Week 5 -- Admin	(Age) 1-2	(Age) 3-5	Monday	Tuesday			
<b>Breakfast</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	30 <b>Milk</b> <b>Apples Slices</b>  <b>Cheesy Toast</b>	31 <b>Milk</b> <b>Orange Slices</b>  <b>Mini Bagels</b> <i>cream cheese</i>			
<b>Lunch</b> ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	<b>Milk</b> <b>Breaded Fish Stick</b> <b>Pineapples</b> <b>Normandy Mixed Veggies</b> <b>Dinner Roll</b>	<b>Milk</b> <b>Salisbury Steak and Gravy</b> <b>Pears</b> <b>Corn</b> <b>Brown Rice</b>			
<b>Snack (2 of 4)</b> ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	<b>Milk</b>   <b>Ritz Crackers</b>	<b>Apple Juice</b> <b>Vegetable Salsa</b>  <b>Corn Tortilla Chips</b>			

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Fall is in Full Swing! Enjoy the Season with these fun FALL Family Ideas....

\*Attend a Fall Festival

\*Visit a pumpkin patch

\*Jump in a pile of leaves together

