

Creative Mansion Children's Academy 2011 - October, November, December Meals

OCTOBER

Day	Breakfast	Lunch	Snack
3 MON	1% milk, Sliced Peaches, Hot cereal, Cinnamon Toast	Chili con Carne, Coleslaw, Crackers, Diced Pears	100% Fruit Juice, Tortilla Chips, Nacho Cheese Sauce, Salsa
4 TUES	1% milk, Sliced Pears, Pancakes, Turkey Sausage, Maple Syrup	Lemon Chicken Breast, Mashed potatoes, Spinach Romaine Salad, whole wheat bread, fresh fruit	100% Fruit Juice, Carrot / Celery Sticks, Ranch Dipping sauce
5 WEDS	1% milk, Sliced Bananas, Hot Cereal, Raisin Toast	Turkey Tacos, Spanish Rice, Diced Tomatoes, Whole Wheat Tortilla, Banana	1% Milk, Fruit Yogurt, Oatmeal Cookie
6 THUR	1 % milk, Sliced Apples, Whole-grain waffle, Turkey Bacon, Maple Syrup	Chopped Steak w/gravy, Mashed Potatoes, Carrots, Green Goddess Dip, Whole grain wheat bread, Applesauce	100% Fruit Juice, Wheat Crackers, Sliced Cheese
7 FRI	1% milk, Sliced Oranges, Whole - grain English Muffin, Scrambled Egg, Jelly	Bag lunch: Turkey Breast sandwich, fresh fruit and vegetable, 1% milk and oatmeal cookie	100% Fruit Juice, Vegetable Crackers, Deviled Egg
10 MON	1% milk, Mandarin Oranges, Hot Cereal, Cheese Toast	Beef & Turkey Nachos, Red beans & Rice, Cheese Sauce, Lettuce, Tortilla Chips, Applesauce	1% Milk, Fig Newtons
11 TUES	1% milk, Hash Browns, Multi-grain waffle, Turkey Bacon, Maple Syrup	Chicken Parmesan, Pasta, Green Beans, Spinach Romaine Salad, Green Goddess dressing, Whole grain wheat bread, Fresh fruit	100% Fruit Juice, Soft Bread Stick, Marinara Sauce
12 WEDS	1% milk, Sliced Strawberries, Cold Cereal, Toasted mini-bagel, Jelly	Meatloaf w/ gravy, Mashed Potatoes, Carrots, Whole Wheat Bread, Banana	1% Milk, Oatmeal Raisin Cookie
13 THUR	1% milk, Sliced Apple, Pancakes, Turkey Sausage, Maple Syrup	Turkey Sloppy Joe, Corn, Lemon Dip, Cucumber, Hamburger bun, Fresh fruit	100% Fruit Juice, Tortilla Chips, Salsa
14 FRI	1% milk, Sliced Bananas, Hot Cereal, Mini Blueberry Muffin	Beef & Chicken Pizza, Carrots, Spinach Romaine Salad, Mozzarella Cheese, Fresh Fruit	100% Fruit Juice, Chewy Granola Bar, Fruit Yogurt
17 MON	1% milk, Fruit Cocktail, Hot Biscuit, Scrambled Egg, Jelly	Beef Frank & Beans, Pineapple Coleslaw, Whole Grain Wheat Bread, Peaches	1% Milk, Graham Crackers, String Cheese
18 TUES	1% milk, Sliced Bananas, Hot Cereal, Multi-grain English Muffin, Jelly	Turkey Stew w/ vegetables, Mashed Potatoes, Whole grain wheat bread, Fresh fruit	1% Milk, Wheat Crackers, SoyNut Butter
19 WEDS	1% milk, Hash Brown, French Toast Sticks, Turkey Sausage, Maple Syrup	Chili Mac, Cucumber, Lemon Dip, Crackers, Banana	1% Milk, Mini-Blueberry Muffin
20 THUR	1% Milk, Applesauce, Toasted Multi-grain Bread, American Cheese, Turkey Bacon	Broccoli Chicken, Fettuccini Pasta, Tomato, Whole Grain French Bread, Fresh Fruit	100% Fruit Juice, Tortilla Chips, Cheese Dip
21 FRI	1% Milk, Diced Pears, Hot Cereal, Cinnamon Toast	Meatballs in Marinara Sauce, Spaghetti, Sweet Peas, Carrots, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Fig Newtons
24 MON	1% Milk, Sliced Banana, Hot Cereal, Raisin Toast	Beef & Chicken Goulash, Noodles, Green Beans, Carrots, Whole Grain Wheat Bread. Applesauce	100% Fruit Juice, Wheat Crackers, SoyNut Butter
25 TUES	1% Milk, Mixed Fruit, Toasted Bagel, Butter or Cream Cheese, Jelly	Chicken Stew, Mashed Potatoes, Whole Grain Wheat Bread. Fresh Fruit	1% Milk, Animal Crackers, Sliced Apples

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NOVEMBER

26	WEDS	1% Milk, Mandarin Oranges, Hot Cereal, Toasted Mini-Bagel	Meat Suace, Mostacolli Noodles, Green Beans, Spinach Romaine Salad, Ranch dressing, Whole Grain Wheat Bread, Banana	1% Milk, SoyNut Butter, Grape Jelly, Wheat Bread
27	THURS	1% Milk, Hash Browns, Mini-bran Muffin, Scrambled Egg, Shredded Cheese	Cheese Pizza, Broccoli, Corn, Orange	1% Milk, Whole Wheat Crackers, Sliced Low Fat Cheese
28	FRI	1% Milk, Applesauce, Hot Cereal, Toasted Multi-grain Bread	Chicken Nuggets, Cheesy Potatoes, Cucumber, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Honey Graham Crackers, Fruit Yogurt
31	MON	1% milk, Sliced Peaches, Hot cereal, Cinnamon Toast	Chili con Carne, Coleslaw, Crackers, Diced Pears	100% Fruit Juice, Tortilla Chips, Nacho Cheese Sauce, Salsa
1	TUES	1% milk, Sliced Pears, Pancakes, Turkey Sausage, Maple Syrup	Lemon Chicken Breast, Mashed potatoes, Spinach Romaine Salad, whole wheat bread, fresh fruit	100% Fruit Juice, Carrot / Celery Sticks, Ranch Dipping sauce
2	WEDS	1% milk, Sliced Bananas, Hot Cereal, Raisin Toast	Turkey Tacos, Spanish Rice, Diced Tomatoes, Whole Wheat Tortilla, Banana	1% Milk, Fruit Yogurt, Oatmeal Cookie
3	THUR	1 % milk, Sliced Apples, Whole-grain waffle, Turkey Bacon, Maple Syrup	Chopped Steak w/gravy, Mashed Potatoes, Carrots, Green Goddess Dip, Whole grain wheat bread, Applesauce	100% Fruit Juice, Wheat Crackers, Sliced Cheese
4	FRI	1% milk, Sliced Oranges, Whole - grain English Muffin, Scrambled Egg, Jelly	Lasagna w/spinach, Romaine Salad, Ranch dressing, Whole grain Bread, Fresh fruit	100% Fruit Juice, Vegetable Crackers, Deviled Egg
7	MON	1% milk, Mandarin Oranges, Hot Cereal, Cheese Toast	Beef & Turkey Nachos, Red beans & Rice, Cheese Sauce, Lettuce, Tortilla Chips, Applesauce	1% Milk, Fig Newtons
8	TUES	1% milk, Hash Browns, Multi-grain waffle, Turkey Bacon, Maple Syrup	Chicken Parmesan, Pasta, Green Beans, Spinach Romaine Salad, Green Goddess dressing, Whole grain wheat bread, Fresh fruit	100% Fruit Juice, Soft Bread Stick, Marinara Sauce
9	WEDS	1% milk, Sliced Strawberries, Cold Cereal, Toasted mini-bagel, Jelly	Meatloaf w/ gravy, Mashed Potatoes, Carrots, Whole Wheat Bread, Banana	1% Milk, Oatmeal Raisin Cookie
10	THUR	1% milk, Sliced Apple, Pancakes, Turkey Sausage, Maple Syrup	Turkey Sloppy Joe, Corn, Lemon Dip, Cucumber, Hamburger bun, Fresh fruit	100% Fruit Juice, Tortilla Chips, Salsa
11	FRI	1% milk, Sliced Bananas, Hot Cereal, Mini Blueberry Muffin	Beef & Chicken Pizza, Carrots, Spinach Romaine Salad, Mozzarella Cheese, Fresh Fruit	100% Fruit Juice, Chewy Granola Bar, Fruit Yogurt
14	MON	1% milk, Fruit Cocktail, Hot Biscuit, Scrambled Egg, Jelly	Beef Frank & Beans, Pineapple Coleslaw, Whole Grain Wheat Bread, Peaches	1% Milk, Graham Crackers, String Cheese
15	TUES	1% milk, Sliced Bananas, Hot Cereal, Multi-grain English Muffin, Jelly	Turkey Stew w/ vegetables, Mashed Potatoes, Whole grain wheat bread, Fresh fruit	1% Milk, Wheat Crackers, SoyNut Butter
16	WEDS	1% milk, Hash Brown, French Toast Sticks, Turkey Sausage, Maple Syrup	Chili Mac, Cucumber, Lemon Dip, Crackers, Banana	1% Milk, Mini-Blueberry Muffin
17	THUR	1% Milk, Applesauce, Toasted Multi-grain Bread, American Cheese, Turkey Bacon	Broccoli Chicken, Fettuccini Pasta, Tomato, Whole Grain French Bread, Fresh Fruit	100% Fruit Juice, Tortilla Chips, Cheese Dip
18	FRI	1% Milk, Diced Pears, Hot Cereal, Cinnamon Toast	Meatballs in Marinara Sauce, Spaghetti, Sweet Peas, Carrots, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Fig Newtons

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DECEMBER	21	MON	1% Milk, Sliced Banana, Hot Cereal, Raisin Toast	Beef & Chicken Goulash, Noodles, Green Beans, Carrots, Whole Grain Wheat Bread. Applesauce	100% Fruit Juice, Wheat Crackers, SoyNut Butter
	22	TUES	1% Milk, Mixed Fruit, Toasted Bagel, Butter or Cream Cheese, Jelly	Chicken Stew, Mashed Potatoes, Whole Grain Wheat Bread. Fresh Fruit	1% Milk, Animal Crackers, Sliced Apples
	23	WEDS	1% Milk, Mandarin Oranges, Hot Cereal, Toasted Mini-Bagel	Meat Sauced, Mostacolli Noodles, Green Beans, Spinach Romaine Salad, Ranch dressing, Whole Grain Wheat Bread, Banana	1% Milk, SoyNut Butter, Grape Jelly, Wheat Bread
	24	THUR	1% Milk, Hash Browns, Mini-bran Muffin, Scrambled Egg, Shredded Cheese	Cheese Pizza, Broccoli, Corn, Orange	1% Milk, Whole Wheat Crackers, Sliced Low Fat Cheese
	25	FRI	1% Milk, Applesauce, Hot Cereal, Toasted Multi-grain Bread	Chicken Nuggets, Cheesy Potatoes, Cucumber, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Honey Graham Crackers, Fruit Yogurt
	28	MON	1% milk, Sliced Peaches, Hot Cereal, Cinnamon Toast	Chili con Carne, Coleslaw, Crackers, Diced Pears	100% Fruit Juice, Tortilla Chips, Nacho Cheese Sauce, Salsa
	29	TUES	1% milk, Sliced Pears, Pancakes, Turkey Sausage, Maple Syrup	Lemon Chicken Breast, Mashed potatoes, Spinach Romaine Salad, whole wheat bread, fresh fruit	100% Fruit Juice, Carrot / Celery Sticks, Ranch Dipping sauce
	30	WEDS	1% milk, Sliced Bananas, Hot Cereal, Raisin Toast	Turkey Tacos, Spanish Rice, Diced Tomatoes, Whole Wheat Tortilla, Banana	1% Milk, Fruit Yogurt, Oatmeal Cookie
	1	THUR	1 % milk, Sliced Apples, Whole-grain waffle, Turkey Bacon, Maple Syrup	Chopped Steak w/gravy, Mashed Potatoes, Carrots, Green Goddess Dip, Whole grain wheat bread, Applesauce	100% Fruit Juice, Wheat Crackers, Sliced Cheese
	2	FRI	1% milk, Sliced Oranges, Whole - grain English Muffin, Scrambled Egg, Jelly	Lasagna w/spinach, Romaine Salad, Ranch dressing, Whole grain Bread, Fresh fruit	100% Fruit Juice, Vegetable Crackers, Deviled Egg
	5	MON	1% milk, Mandarin Oranges, Hot Cereal, Cheese Toast	Beef & Turkey Nachos, Red beans & Rice, Cheese Sauce, Lettuce, Tortilla Chips, Applesauce	1% Milk, Fig Newtons
	6	TUES	1% milk, Hash Browns, Multi-grain waffle, Turkey Bacon, Maple Syrup	Chicken Parmesan, Pasta, Green Beans, Spinach Romaine Salad, Green Goddess dressing, Whole grain wheat bread, Fresh fruit	100% Fruit Juice, Soft Bread Stick, Marinara Sauce
	7	WEDS	1% milk, Sliced Strawberries, Cold Cereal, Toasted mini-bagel, Jelly	Meatloaf w/ gravy, Mashed Potatoes, Carrots, Whole Wheat Bread, Banana	1% Milk, Oatmeal Raisin Cookie
	8	THUR	1% milk, Sliced Apple, Pancakes, Turkey Sausage, Maple Syrup	Turkey Sloppy Joe, Corn, Lemon Dip, Cucumber, Hamburger bun, Fresh fruit	100% Fruit Juice, Tortilla Chips, Salsa
9	FRI	1% milk, Sliced Bananas, Hot Cereal, Mini Blueberry Muffin	Bag lunch: Turkey Breast sandwich, fresh fruit and vegetable, 1% milk and oatmeal cookie	100% Fruit Juice, Chewy Granola Bar, Fruit Yogurt	
12	MON	1% milk, Fruit Cocktail, Hot Biscuit, Scrambled Egg, Jelly	Beef Frank & Beans, Pineapple Coleslaw, Whole Grain Wheat Bread, Peaches	1% Milk, Graham Crackers, String Cheese	
13	TUES	1% milk, Sliced Bananas, Hot Cereal, Multi-grain English Muffin, Jelly	Turkey Stew w/ vegetables, Mashed Potatoes, Whole grain wheat bread, Fresh fruit	1% Milk, Wheat Crackers, SoyNut Butter	
14	WEDS	1% milk, Hash Brown, French Toast Sticks, Turkey Sausage, Maple Syrup	Chili Mac, Cucumber, Lemon Dip, Crackers, Banana	1% Milk, Mini-Blueberry Muffin	

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15	THUR	1% Milk, Applesauce, Toasted Multi-grain Bread, American Cheese, Turkey Bacon	Broccoli Chicken, Fettuccini Pasta, Tomato, Whole Grain French Bread, Fresh Fruit	100% Fruit Juice, Tortilla Chips, Cheese Dip
16	FRI	1% Milk, Diced Pears, Hot Cereal, Cinnamon Toast	Meatballs in Marinara Sauce, Spaghetti, Sweet Peas, Carrots, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Fig Newtons
19	MON	1% Milk, Sliced Banana, Hot Cereal, Raisin Toast	Beef & Chicken Goulash, Noodles, Green Beans, Carrots, Whole Grain Wheat Bread. Applesauce	100% Fruit Juice, Wheat Crackers, SoyNut Butter
20	TUES	1% Milk, Mixed Fruit, Toasted Bagel, Butter or Cream Cheese, Jelly	Chicken Stew, Mashed Potatoes, Whole Grain Wheat Bread. Fresh Fruit	1% Milk, Animal Crackers, Sliced Apples
21	WEDS	1% Milk, Mandarin Oranges, Hot Cereal, Toasted Mini-Bagel	Meat Suace, Mostacolli Noodles, Green Beans, Spinach Romaine Salad, Ranch dressing, Whole Graine Wheat Bread, Banana	1% Milk, SoyNut Butter, Grape Jelly, Wheat Bread
22	THUR	1% Milk, Hash Browns, Mini-bran Muffin, Scrambled Egg, Shredded Cheese	Cheese Pizza, Broccoli, Corn, Orange	1% Milk, Whole Wheat Crackers, Sliced Low Fat Cheese
23	FRI	1% Milk, Applesauce, Hot Cereal, Toasted Multi-grain Bread	Chicken Nuggets, Cheesy Potatoes, Cucumber, Whole Grain Wheat Bread, Fresh Fruit	1% Milk, Honey Graham Crackers, Fruit Yogurt
26	MON	1% milk, Sliced Peaches, Hot cereal, Cinnamon Toast	Chili con Carne, Coleslaw, Crackers, Diced Pears	100% Fruit Juice, Tortilla Chips, Nacho Cheese Sauce, Salsa
27	TUES	1% milk, Sliced Pears, Pancakes, Turkey Sausage, Maple Syrup	Lemon Chicken Breast, Mashed potatoes, Spinach Romaine Salad, whole wheat bread, fresh fruit	100% Fruit Juice, Carrot / Celery Sticks, Ranch Dipping sauce
28	WEDS	1% milk, Sliced Bananas, Hot Cereal, Raisin Toast	Turkey Tacos, Spanish Rice, Diced Tomatoes, Whole Wheat Tortilla, Banana	1% Milk, Fruit Yogurt, Oatmeal Cookie
29	THUR	1 % milk, Sliced Apples, Whole-grain waffle, Turkey Bacon, Maple Syrup	Chopped Steak w/gravy, Mashed Potatoes, Carrots, Green Goddess Dip, Whole grain wheat bread, Applesauce	100% Fruit Juice, Wheat Crackers, Sliced Cheese
30	FRI	1% milk, Sliced Oranges, Whole - grain English Muffin, Scrambled Egg, Jelly	Lasagna w/spinach, Romaine Salad, Ranch dressing, Whole grain Bread, Fresh fruit	100% Fruit Juice, Vegetable Crackers, Deviled Egg