

## SANDHILL CHILDREN'S CENTER-SOUTHERN PINES CAMPUS OCTOBER 2017 MENU

	BREAKFAST	LUNCH	SNACK
MONDAY, OCTOBER 2	Whole Wheat Plain Bagels w/ Blueberry Spread, Diced Pears Milk	Turkey and Cheese Sandwiches on Whole Wheat Bread, Cream of Chicken and Potato Soup, Diced Peaches, Milk	Goldfish Pretzels Bananas
TUESDAY, OCTOBER 3	Buttered Grits, Whole Wheat Bread Bananas Milk	Beef and Barley Soup w/ Carrots, Potatoes, and Green Beans, Whole Wheat Bread, Bananas, Milk	Goldfish Cheese Crackers Fresh Sliced Apples
WEDNESDAY, OCTOBER 4	Whole Grain Cheerio Cereal Bananas Milk	Homemade Sloppy Joes on Whole Wheat Buns, Baked Beans, Diced Pears Milk	Whole Grain Crunchy Chow Mein Noodles Pineapple Tidbits
THURSDAY, OCTOBER 5	Whole Wheat Cinnamon Raisin Bread w/ Homemade Strawberry Spread, Sliced Oranges, Milk	Chicken, Brown Rice, and Carrot Soup Whole Wheat Bread, Pineapple Tidbits Milk	Homemade Spinach Dip w/ Club Crackers Sliced Pears
FRIDAY, OCTOBER 6	Whole Wheat Blueberry Waffles w/ Blueberry Spread, Diced Pears Milk	Tacos w/ Ground Chicken, Lettuce, Cheese, Tomatoes, Sour Cream, Tortilla Scoops, Fresh Sliced Apples, Milk	Whole Wheat Town House Crackers Cheese Sticks
MONDAY, OCTOBER 9	Whole Grain Corn Kix Cereal Diced Peaches Milk	All White Meat Chicken Nuggets Peas and Carrots, Whole Wheat Bread, Fresh Sliced Apples, Milk	Whole Grain Cheddar Chex Snack Mix Sliced Oranges
TUESDAY, OCTOBER 10	Whole Wheat Cinnamon Raisin Bagels Bananas Milk	Grilled Cheese on Whole Wheat Bread Cream of Chicken Soup w/ Green Peas, Bananas, Milk	Whole Wheat Baked Veggie Sticks Bananas
WEDNESDAY, OCTOBER 11	Homemade Whole Wheat Pancakes w/ Homemade Fruit Topping, Pineapple Milk	Chicken, Yellow Rice, Cheese, Broccoli Casserole, Whole Wheat Bread, Diced Peaches, Milk	Sliced Cucumbers w/ Homemade Peas Hummus, Wheat Crackers, Bananas
THURSDAY, OCTOBER 12	Turkey Sausage Links, Whole Wheat Biscuits, Sliced Oranges Milk	Creamy Potato, Bacon, and Corn Soup, Whole Wheat Crackers, Mandarin Oranges Milk	Whole Wheat Toasted Baguettes w/ Marinara Sauce, Cheese Stick
FRIDAY, OCTOBER 13	Mini Homemade Whole Wheat Blueberry Muffins, Fresh Sliced Apples Milk	Cheese Pizza on Whole Wheat Crust Green Beans, Fresh Sliced Apples Milk	Sliced Carrots and Cucumbers w/ Ranch Dressing, Whole Wheat Thin Crackers
MONDAY, OCTOBER 16	Whole Grain Rice Chex Cereal Fresh Sliced Apples Milk	Fish Sticks Baked Beans, Hush Puppies, Mandarin Oranges, Milk	Rice Chex Cereal Snack Mix Raisins
TUESDAY, OCTOBER 17	Cheese Toast made with Whole Wheat Bread, Sliced Peaches Milk	Whole Wheat Spaghetti w/ Ground Turkey Meat Sauce, Green Peas, Garlic Bread, Diced Peaches, Milk	Baked Green Bean Sticks w/ Ranch Dip Whole Wheat Crackers
WEDNESDAY, OCTOBER 18	Mini Whole Wheat Pumpkin Muffins Bananas Milk	Ham and Cheese Sandwiches on Whole Wheat Bread, Diced Carrots, Bananas Milk	Whole Grain Corn Tortilla Chips w/ Homemade White Bean Hummus, Bananas
THURSDAY, OCTOBER 19	Whole Wheat Mixed Berry Loaf made w/ Fresh Berries, Sliced Honey Dew Milk	BBQ Chicken Sandwiches on Whole Wheat Buns, Black Eyed Peas, Fresh Sliced Apples, Sweet Pickles, Milk	Whole Grain Plain Chex Snack Mix Fresh Sliced Apples
FRIDAY, OCTOBER 20	Whole Wheat Plain Waffles w/ Raspberry Cream Cheese Spread, Sliced Pears Milk	Hamburgers on Whole Wheat Buns Baked French Fries, Sliced Oranges, Pickles Milk	Town House Crackers Sliced Carrots w/ French Dressing
MONDAY, OCTOBER 23	Whole Wheat Cinnamon Swirl French Toast w/ Strawberry Puree, Applesauce Milk	Vegetable Beef Soup w/ Carrots, Potatoes, and Tomatoes, Whole Wheat Bread, Bananas Milk	Whole Wheat Thin Crackers w/ White Bean Hummus, Diced Peaches
TUESDAY, OCTOBER 24	Cheese Grits w/ Bacon, Whole Wheat Rolls Bananas Milk	Turkey and Cheese Sandwiches on Whole Wheat Bread, Cream of Chicken and Potato Soup, Diced Peaches, Milk	Whole Wheat Baked Veggie Sticks Bananas
WEDNESDAY, OCTOBER 25	Whole Wheat Blueberry Bagels w/ Blueberry Spread, Pineapples Milk	Three Bean Turkey Chili w/ Carrots Whole Wheat Crackers, Pineapple Milk	Whole Grain Oyster Crackers Sliced Oranges
THURSDAY, OCTOBER 26	Whole Wheat English Muffins w/ Ham and Cheese, Diced Peaches Milk	Whole Wheat Pasta w/ Ground Turkey Meat Sauce, Steamed Spinach, Diced Pears, Whole Wheat Bread, Milk	Whole Grain Club Crackers w/ Cheese Dip Sliced Oranges
FRIDAY, OCTOBER 27	Hash Browns, Turkey Sausage Patties Sliced Oranges Milk	Bacon Cheeseburger Pizza on Whole Wheat Crust, Green Beans, Orange Slices Milk	Whole Grain Parmesan Bread Sticks w/ Marinara Dipping Sauce, Fresh Sliced Apples
MONDAY, OCTOBER 30	Whole Wheat Biscuits w/ Blueberry Cream Cheese Spread, Sliced Oranges Milk	Homemade Chicken Noodle Soup w/ Carrots and Celery, Whole Wheat Crackers, Green Beans, Bananas, Milk	Whole Grain Strawberry Yogurt Filled Chex Snack Mix, Bananas
TUESDAY, OCTOBER 31	Whole Wheat French Toast w/ Blueberry Cream Cheese Spread, Sliced Oranges Milk	Turkey Hot Dogs on Whole Wheat Buns Baked Tater Tots, Diced Pears, Pickles Milk	Cheez it Snack Crackers Bananas

Water is given throughout the day. Menus may vary depending on availability of food and are subject to be changed.