

## Week 2

**Portions listed are appropriate for children 3-5 years old  
Menus and Meals prepared by Fieler, Iddings and Miller**

	Monday October 24	Tuesday October 25	Wednesday October 26	Thursday October 27	Friday October 28
<b>B R E A K F A S T</b>	CN WG Maple Waffles 2 oz grain equivalent Applesauce ½ cup Low fat Milk- 8oz	CN WG Confetti Pancakes 2 oz grain equivalent Mixed Fruit Cup ½ cup Low fat Milk- 8oz	CN WG Breakfast sandwich* 1 oz m/ma 1 oz grain equivalent Apples Slices ½ cup Low fat Milk- 8oz	CN WG Blueberry Muffin 1 oz grain equivalent Peaches ½ cup Low Fat Milk – 8oz	<b>NO SCHOOL FALL BREAK</b>
<b>L U N C H</b>	CN Chicken Nuggets 2oz meat/meat alternative 1 oz grain equivalent Goldfish Cracker 1 oz grain equivalent Baked Beans ¼ cup Pears ¼ cup Low Fat Milk – 8 oz BBQ Sauce Cup	CN Taco Stick 2 oz meat/meat alternative 2oz grain equivalent Potato Smiles ½ cup Fresh Apples 1/3 cup Ketchup Packet Low Fat Milk 8oz	CN Orange Chicken 2 meat/meat alternative .5 oz grain equivalent Brown Rice ¼ cup .5 grain equivalent Corn ¼ cup Jello w/ fruit ¼ cup Low Fat Milk 8oz	HM Lasagna 2 meat/meat alternative .75 grain equivalent Broccoli ¼ cup Frozen fruit cup ½ cup Low Fat Milk-8oz	<b>NO SCHOOL FALL BREAK</b>
<b>S N A C K</b>	WG CN Vanilla Bear Grahams - 1oz grain 100% Orange Juice ½ cup	CN WG Chat Snax Vanilla 1 oz grain equivalent Applesauce cup ½ cup	WG CN Rainbow Goldfish 1oz grain equivalent 100% Apple Juice ½ cup	WG CN Tiger Bites 1 oz grain equivalent 100% Orange Juice ½ cup	<b>NO SCHOOL FALL BREAK</b>

**Geminus Head Start is an equal opportunity provider. \*Items made with turkey or chicken.**