

EC3 Menu Record for October 19th to October 23rd

* Whole milk provided for children 1-2 years of age & skim milk provided for all children over the age of 2.
 ** Water is always available.

*** Cereal choices are: Cheerios, Life, Rice Chex, Rice Krispies, or Corn Flakes

<p>Breakfast</p> <ol style="list-style-type: none"> 1. Fluid Milk 2. Fruit, Vegetable 3. Grain/Bread or Meat/Meat Alternate* <p>*Meat may be served to meet grain component up to 3 times/week. 1 oz. of meat = 1 oz. grains</p>	<p>Milk Cereal Fruit Cups</p>	<p>Milk Oatmeal Applesauce</p>	<p>Milk Pancakes w/ Syrup Pears</p>	<p>Milk Oatmeal Peaches</p>	<p>Milk Cereal Applesauce</p>
<p>AM Snack**</p> <ol style="list-style-type: none"> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread <p>** Serve 2 of 5 components</p>	<p>Wheat Crackers Oranges</p>	<p>Bread Ham</p>	<p>Saltine Crackers Cheese</p>	<p>Cheez-its Crackers</p>	<p>Animal Crackers Blueberries</p>
<p>Lunch</p> <ol style="list-style-type: none"> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread <p>Other:</p>	<p>Milk Ham & Mozzarella Pizza Crust Tomato Sauce Pears & Corn</p>	<p>Lunch from Home</p>	<p>Lunch from Home</p>	<p>Lunch from Home</p>	<p>Lunch from Home</p>
<p>PM Snack*</p> <ol style="list-style-type: none"> 1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit 5. Grain/Bread <p>** Serve 2 of 5 components</p>	<p>Graham Crackers Blueberries</p>	<p>Cucumber Hummus Saltine Crackers</p>	<p>Tortilla Chips Applesauce</p>	<p>Cheese Ham</p>	<p>Muffins Milk</p>