

Breakfast, AM and PM snacks consist of a whole grain (cracker, cereal) combined with a vegetable or a fruit. IKCCC follows NYS DOH Guidelines

October 2017

Island Kids Child Care Center Lunch Menu



We are a "nut free" facility.

All lunches are subject to change.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>2 Crispy Tater Tots</p> <p>Fresh Melon</p> <p>Sunflower Butter & Jelly</p>	<p>3 Green Beans</p> <p>Fresh Melon</p> <p>Soft Taco</p>	<p>4 Steamed Broccoli</p> <p>Fresh Fruit</p> <p>Whole Wheat Pasta w/ Butter or Sauce</p>	<p>5 Mashed Potatoes</p> <p>Orange Slices</p> <p>Bar-B-Q Crockpot Chicken</p>	<p>6 Steamed Carrots</p> <p>Mixed Fruit</p> <p>Fresh Baked Pizza</p>
<p>9 Steamed Green Beans</p> <p>Fresh Melon</p> <p>Sunflower Butter & Jelly</p>	<p>10 Baked French Fries</p> <p>Fresh Melon</p> <p>Goulash</p>	<p>11 Steamed Sweet Peas Celery Sticks</p> <p>Fresh Fruit</p> <p>Whole Wheat Pasta w/ Butter or Sauce</p>	<p>12 Steamed Corn</p> <p>Cinnamon Applesauce</p> <p>Crockpot Chicken Pot Pie</p>	<p>13 Steamed Carrots</p> <p>Apple Slices</p> <p>Fresh Baked Pizza</p>
<p>16 Baked French Fries</p> <p>Fresh Melon</p> <p>Sunflower Butter & Jelly</p>	<p>17 Steamed Carrots</p> <p>Fresh Melon</p> <p>Meat Balls in Sauce</p>	<p>18 Steamed Corn</p> <p>Mixed Fruit</p> <p>Whole Wheat Pasta w/ Butter or Sauce</p>	<p>19 Steamed Sweet Peas</p> <p>Fresh Fruits</p> <p>Chicken Nuggets</p>	<p>20 Steamed Carrots</p> <p>Apple Slices</p> <p>Fresh Baked Pizza</p>
<p>23 Steamed Corn</p> <p>Fresh Melon</p> <p>Sunflower Butter & Jelly</p>	<p>24 Steamed Green Beans</p> <p>Fresh Melon</p> <p>Pancakes & Sausage</p>	<p>25 Steamed Carrots Sliced Cucumbers</p> <p>Cinnamon Applesauce</p> <p>Whole Wheat Pasta w/ Butter or Sauce</p>	<p>26 Mashed Potatoes</p> <p>Fresh Fruit</p> <p>Chicken & Gravy over Rice</p>	<p>27 Steamed Peas</p> <p>Mixed Fruit</p> <p>Fresh Baked Pizza</p>
<p>30 Steamed Corn</p> <p>Fresh Melon</p> <p>Sunflower Butter & Jelly</p>	<p>31 Steamed Green Beans Fresh Melon</p> <p>Mac & Cheese</p>			

