

# GCCC Menu October 9 – November 3, 2017

## October 9

### MONDAY

#### Breakfast

Pancakes w/ syrup  
Peaches / milk

#### Lunch

Grilled cheese on whole wheat bread  
Tomato soup / mixed veggies  
Pears / milk

#### Snack

Vanilla pudding & pretzels / juice

### TUESDAY

#### Breakfast

Whole grain bagels w/ cream cheese & jelly  
Pineapple / milk

#### Lunch

Meatloaf w/ buttered whole wheat egg noodles  
Peas  
Applesauce / milk

#### Snack

Goldfish crackers / juice

### WEDNESDAY

#### Breakfast

Yogurt & granola  
Apples / milk

#### Lunch

Ham, potatoes & green beans  
Whole wheat bread & butter  
Tropical fruit / milk

#### Snack

Chex party mix / juice

### THURSDAY

#### Breakfast

Waffles w/ cinnamon & syrup  
Grapes / milk

#### Lunch

Beef barley stew w/ mixed veggies  
Hot biscuits  
Mandarin oranges / milk

#### Snack

Banana bread / milk

### FRIDAY

#### Breakfast

Rice krispies cereal  
Fruit / milk

#### Lunch

Hotdog on a roll  
Baked beans  
Fruit / milk

#### Snack

Sliced cheese & wheat crackers / water

## October 16

### MONDAY

#### Breakfast

Corn chex cereal  
Pears / milk

#### Lunch

Cheese pizza  
Tossed salad w/ tomatoes & cucumbers  
Peaches / milk

#### Snack

Cheez-its crackers / juice

### TUESDAY

#### Breakfast

Whole wheat French toast w/ cinnamon & syrup  
Bananas / milk

#### Lunch

Chicken vegetable soup / cheese slices  
Egg noodles  
Orange slices / milk

#### Snack

Apple slices & caramel dip / crackers / water

### WEDNESDAY

#### Breakfast

Rice chex cereal  
Tropical fruit / milk

#### Lunch

Chicken nuggets / carrots  
Macaroni salad  
Grapes / milk

#### Snack

Soft pretzels / juice

### THURSDAY

#### Breakfast

Cinnamon bread  
Applesauce / milk

#### Lunch

Cheeseburger on a roll w/ pickles  
Corn  
Peaches / milk

#### Snack

Oatmeal muffins / milk

### FRIDAY

#### Breakfast

Whole grain English muffins w/ butter & jelly  
Fruit / milk

#### Lunch

Cheese ravioli in tomato sauce / cheese slices  
Peas  
Fruit / milk

#### Snack

Peach bread / milk

**Grace Christian Child Care is a Peanut & Nut Free Center**  
**100% juice is served when juice is the fruit component for snack.**  
**1-year-olds are served whole milk / 2 – 12-year-olds are served 1% milk**

# GCCC Menu October 9 – November 3, 2017

## October 23

### MONDAY

**Breakfast**  
Whole grain bagels w/ cream cheese & jelly  
Fruit cocktail / milk

**Lunch**  
Grilled chicken  
Flavored brown rice / carrots  
Pineapple / milk

**Snack**  
Sliced cheese & wheat crackers / water

### TUESDAY

**Breakfast**  
Waffles w/ cinnamon & syrup  
Pears / milk

**Lunch**  
Soft shell tacos w/ lettuce & tomatoes  
Corn  
Mandarin oranges / milk

**Snack**  
Applesauce muffins / milk

### WEDNESDAY

**Breakfast**  
Pancakes w/ syrup  
Bananas / milk

**Lunch**  
Pulled pork on a roll  
Fresh carrots w / dip  
Orange slices / milk

**Snack**  
Pretzels / juice

### THURSDAY

**Breakfast**  
Toasted oat cereal  
Peaches / milk

**Lunch**  
Stromboli w/ meat & cheese  
Cherry tomatoes & cucumbers w/ dip  
Grapes / milk

**Snack**  
Yogurt & granola / juice

### FRIDAY

**Breakfast**  
Corn chex cereal  
Fruit / milk

**Lunch**  
Fish sticks w/ whole wheat bread & butter  
Broccoli  
Fruit / milk

**Snack**  
Goldfish crackers & fruit / water

## October 30

### MONDAY

**Breakfast**  
Rice krispies cereal  
Applesauce / milk

**Lunch**  
Sloppy Joe sandwiches  
Fresh broccoli w/dip  
Orange slices / milk

**Snack**  
String cheese & pretzels / water

### TUESDAY

**Breakfast**  
Whole wheat French toast w/ cinnamon & syrup  
Pineapple / milk

**Lunch**  
Turkey & cheese hoagie w/ lettuce & tomato  
Cucumbers & carrots w/ dip  
Peaches / milk

**Snack**  
Apple slices & caramel dip / crackers / water

### WEDNESDAY

**Breakfast**  
Turkey sausage w/ whole wheat bread & butter  
Pears / milk

**Lunch**  
Macaroni & cheese  
Peas  
Grapes / milk

**Snack**  
Chex mix / juice

### THURSDAY

**Breakfast**  
Banana bread  
Bananas / milk

**Lunch**  
Chicken quesadillas w/ cheese & salsa  
Mixed veggies  
Fruit cocktail / milk

**Snack**  
Apple bread / milk

### FRIDAY

**Breakfast**  
Blueberry muffins  
Fruit / milk

**Lunch**  
Ham & cheese sandwich on wheat bread  
Fresh carrots w / dip  
Fruit / milk

**Snack**  
Nachos, salsa & cheese / juice

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