

# JIT CHABAD PRESCHOOL -OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Banana, crackers, 1 cheese, milk ----- Macaroni, cheese, cooked baby carrots, honeydew, milk	Strawberries, 2 blueberry muffin, milk ----- Breaded chicken, quinoa with stir fried vegetables, sliced tomatoes, cantaloupe, orange juice	3  No School Yom Kippur
Cheerios & Milk 5 Orange juice ----- Breaded fish, baked potatoes, peas, sliced pears, whole wheat bread, milk, ketchup	Hot Scrambled eggs, 6 pita bread ,Sliced cheese, apple slices, milk ----- Schnitzel fingers, rice, ketchup steamed broccoli, melon, apple juice	8  No School Sukkot Break	9  No School Sukkot Break	10  No School Sukkot Break
13  No School Sukkot Break	14  No School Sukkot Break	15  No School Sukkot Break	16  No School Sukkot Break	17  No School Sukkot Break
20 Cheerios & Milk bananas ----- Breaded fish, baked potatoes, peas, orange wedges, whole wheat bread, milk	21 Egg Salad, crackers, Sliced orange wedges, milk ----- Mini Burgers, Sliced sweet potatoes, cantaloupe, apple juice	22 Banana, cornflakes, whole Wheat bread, milk ----- Baked ziti, cooked carrots and peas honeydew, milk	23 Fresh melon, chocolate chip muffin, milk ----- bow tie noodles, meat sauce, sliced potatoes, watermelon, orange juice	24 Crispy rice cereal, Milk, oranges ----- Pizza with cheese tossed salad, fruit cocktail, milk
27 Sliced Oranges, cheerios, milk ----- Fish sticks, couscous, green beans, corn, melon, milk	28 Pineapple tidbits, Large Bagel, cream cheese, milk ----- Meatballs*, rice, peas & carrots, cantaloupe , apple juice	29 Sliced apples, bagel, Cream cheese, milk ----- Whole wheat bread Tuna fish, tossed salad, low fat ranch dressing, fresh melon, milk	30 Bananas, pancakes Milk, syrup ----- chicken, mashed potatoes, tomatoes & cucumbers, watermelon, apple juice	31 Crispy rice cereal, Milk, oranges ----- Pizza with cheese tossed salad, fruit cocktail, milk