

SOUTHWOOD PRESCHOOL BREAKFAST & LUNCH MENU*

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oatmeal, Fruit & Juice	3 Apple Cinnamon Pancakes w/Syrup & Juice	4 Ham & Egg Sandwiches & Juice	5 Scrambled Eggs, Hash Browns & Juice	6 Cold Cereal, Bananas & Juice
Enchiladas, Corn, Dessert & Milk	Hot Dogs, Baked Beans, Dessert & Milk	Macaroni & Cheese, Vegetables, Fruit & Milk	Vegetable Soup, PB&J Sandwiches & Milk	Bring Your Own Lunch
9 Chilaquiles w/Potatoes & Juice	10 Bagels w/Cream Cheese or Jelly & Juice	11 Apple Cinnamon Pancakes w/Syrup & Juice	12 Ham & Egg Sandwiches & Juice	13 Cold Cereal, Cinnamon Toast & Juice
Rigatoni Pasta w/Pasta Sauce, Bread w/Butter & Milk	Cheese Fizza, Salad, Dessert & Milk	Chicken Nuggets, Mashed Potatoes, Vegetables & Milk	Chili, Cornbread, Fruit & Milk	Bring Your Own Lunch
16 French Toast w/Syrup & Juice	17 Egg Croissant Sandwiches & Juice	18 Scrambled Eggs, Turkey Sausage & Juice	19 Oatmeal & Fruit w/ Juice	20 Cold Cereal, Muffins & Juice
Quesadilla, Refried Beans, Dessert & Milk	Spaghetti w/Meat Sauce, Salad, Bread w/Butter & Milk	Tomato Soup, Grilled Cheese Sandwiches, Fruit & Milk	Fish Sticks, Vegetables, Mashed Potatoes & Milk	Bring Your Own Lunch
23 Cinnamon Waffles w/Syrup & Juice	24 Scrambled Eggs w/Ham & Juice	25 Chilaquiles w/Potatoes & Juice	26 English Muffins w/Jelly or Cream Cheese, Fruit & Juice	27 Cold Cereal, Cinnamon Rolls & Juice
Penne Pasta w/Tomato Sauce, Salad, Bread w/Butter, Dessert & Milk	Taco Bowls; Refried Beans, Ground Beef, Cheese, Lettuce, Dessert & Milk	Corn Dogs Vegetables, Dessert & Milk	Chicken & Rice, Vegetables, Bread w/Butter & Milk	Bring Your Own Lunch
30 French Toast & Syrup w/Juice	31 Pancakes w/ Syrup & Juice			
Chicken Noodle Soup, Bread w/Butter, Dessert & Milk	Raviolis, Vegetables, Bread w/ Butter, Dessert & Milk			

Breakfast is served between 7:30 and 8:00a.m.

Lunch is served between 12:00 and 12:30p.m.

*Menu subject to change without notice