


# HRDC Early Childhood Education

## October 2020



# MENU

Monday	Tuesday	Wednesday	Thursday
 <p><b>This month apples are our Montana Harvest of the Month!</b> The old saying “an apple a day keeps the doctor away” certainly holds some truth! Apples are an excellent part of a healthy diet by providing fiber, vitamin C, potassium, and other nutrients. Potassium is an electrolyte that is essential to keep your heart beating! We will be biting into a Montana apple each week in the Month of October!</p>			<p><b>1</b> B: Milk, Oatmeal &amp; blueberries L: Milk, falafel, WW pita, tzatziki, ranch or dill dressing, w/ cucumbers, tomatoes, lettuce &amp; mangos S: Fruit smoothies (spinach, banana, almond milk, strawberries) &amp; Graham crackers</p>
<p><b>5</b> B: Milk, WW pancakes w/ berries &amp; cottage cheese L: Milk, Tuna fish sandwich, fish patty or tuna casserole on WW roll/bread, w/ squash &amp; nectarines S: Greek yogurt dip &amp; <b>apples</b></p>	<p><b>6</b> B: Milk, WW bagel with cream cheese and mixed berry salad L: Milk, chicken nuggets from scratch, WW roll, asparagus &amp; orange slices S: ½ hard-boiled egg &amp; cantaloupe</p>	<p><b>7</b> B: Milk, scrambled eggs w/ apple sauce L: Milk, black bean or veggie burgers (condiments on the side) on a WW bun with baked sweet potatoes &amp; strawberries S: Cauliflower popcorn &amp; cheese stick</p>	<p><b>8</b> B: Milk, hot or cold cereal &amp; banana L: Milk, sunflower seed butter &amp; jelly sandwich on whole wheat bread, ½ hard-boiled egg, cucumber slices &amp; cuties or mandarins S: Milk, graham cracker “cheesecakes” (cream cheese &amp; berries)</p>
<p><b>12</b> B: Milk, Whole wheat waffles w/ Greek yogurt &amp; <b>apples</b> L: Milk, macaroni &amp; cheese with ham, spinach salad, &amp; blueberries S: Fruit smoothie (berries, spinach, milk) &amp; WW crackers</p>	<p><b>13</b> B: Milk, lentil zucchini muffins, w/ mixed fruit L: Milk, Beef meatloaf, frozen green beans &amp; pears S: Roasted chickpeas (with salt, pepper, and garlic) &amp; kiwi</p>	<p><b>14</b> B: Milk, baked granola, yogurt &amp; berries L: Milk, chicken salad or teriyaki chicken salad on a bed of lettuce, brown rice &amp; pineapple S: Sunflower seed butter with <b>apples</b></p>	<p><b>15</b> B: Milk, breakfast burrito (eggs, refried beans, salsa, cheese) with strawberries L: Milk, Chicken Noodle Soup with Whole wheat noodles, with cheese stick, snap peas &amp; pineapple S: Tuna salad or refried bean dip &amp; crackers</p>
<p><b>19</b> B: Milk, ½ WW biscuit or English muffin w/ yogurt &amp; mixed fruit L: Milk, lentil sloppy joes on WW bun w/ corn &amp; coleslaw S: Cheese slices &amp; rice crackers</p>	<p><b>20</b> B: Milk, cold cereal, bananas L: Milk, WW tortilla or taco (rotate beef, chicken, fish, tofu, &amp; bean) w/ lettuce, cheese, salsa &amp; mangos S: Pineapple &amp; ½ hard-boiled egg</p>	<p><b>21</b> B: Milk, WW pancakes w/ yogurt &amp; fresh blueberries L: Milk, COOK'S CHOICE S: Rice crackers &amp; melon</p>	<p><b>22</b> B: Milk, hard-boiled or scrambled egg, WW toast &amp; strawberries L: Milk, chicken-stir fry &amp; brown rice w/ steamed broccoli &amp; cauliflower &amp; <b>apples</b> S: Kale chips &amp; cheese stick</p>
<p><b>26</b> B: Milk, WW English muffin (with butter), cheese stick &amp; peach slices L: Milk, rainbow WW spaghetti (bell peppers, mushrooms) w/ ground turkey or beef &amp; tomato sauce w/ spinach &amp; carrot salad S: Pita chips or crackers &amp; egg salad</p>	<p><b>27</b> B: Milk, Whole wheat French toast sticks with berries &amp; yogurt on top L: Milk, Stir-fry brown rice chicken fajita with squash and corn, w/ mandarins or cuties S: Pineapple &amp; cheese stick</p>	<p><b>28</b> B: Milk, Scrambled eggs, &amp; plums L: Milk, Healthy Request tomato soup &amp; WW grilled cheese, snap peas or carrot sticks w/ <b>apples</b> S: Bean dip with salsa and WW crackers</p>	<p><b>29</b> B: Milk, Oatmeal &amp; blueberries L: Milk, falafel, WW pita, tzatziki, ranch or dill dressing, w/ cucumbers, tomatoes, lettuce &amp; mangos S: Fruit smoothies (spinach, banana, almond milk, strawberries) &amp; Graham crackers</p>