

HRDC Early Childhood Education

October 2020



MENU

Monday	Tuesday	Wednesday	Thursday
 <p>This month apples are our Montana Harvest of the Month! 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>1 B: Milk, Oatmeal & blueberries L: Milk, falafel, WW pita, tzatziki, ranch or dill dressing, w/ cucumbers, tomatoes, lettuce & mangos S: Fruit smoothies (spinach, banana, almond milk, strawberries) & Graham crackers</p>
<p>5 B: Milk, WW pancakes w/ berries & cottage cheese L: Milk, Tuna fish sandwich, fish patty or tuna casserole on WW roll/bread, w/ squash & nectarines S: Greek yogurt dip & apples</p>	<p>6 B: Milk, WW bagel with cream cheese and mixed berry salad L: Milk, chicken nuggets from scratch, WW roll, asparagus & orange slices S: ½ hard-boiled egg & cantaloupe</p>	<p>7 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 & strawberries S: Cauliflower popcorn & cheese stick</p>	<p>8 B: Milk, hot or cold cereal & banana L: Milk, sunflower seed butter & jelly sandwich on whole wheat bread, ½ hard-boiled egg, cucumber slices & cuties or mandarins S: Milk, graham cracker “cheesecakes” (cream cheese & berries)</p>
<p>12 B: Milk, Whole wheat waffles w/ Greek yogurt & apples L: Milk, macaroni & cheese with ham, spinach salad, & blueberries S: Fruit smoothie (berries, spinach, milk) & WW crackers</p>	<p>13 B: Milk, lentil zucchini muffins, w/ mixed fruit L: Milk, Beef meatloaf, frozen green beans & pears S: Roasted chickpeas (with salt, pepper, and garlic) & kiwi</p>	<p>14 B: Milk, baked granola, yogurt & berries L: Milk, chicken salad or teriyaki chicken salad on a bed of lettuce, brown rice & pineapple S: Sunflower seed butter with apples</p>	<p>15 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 & pineapple S: Tuna salad or refried bean dip & crackers</p>
<p>19 B: Milk, ½ WW biscuit or English muffin w/ yogurt & mixed fruit L: Milk, lentil sloppy joes on WW bun w/ corn & coleslaw S: Cheese slices & rice crackers</p>	<p>20 B: Milk, cold cereal, bananas L: Milk, WW tortilla or taco (rotate beef, chicken, fish, tofu, & bean) w/ lettuce, cheese, salsa & mangos S: Pineapple & ½ hard-boiled egg</p>	<p>21 B: Milk, WW pancakes w/ yogurt & fresh blueberries L: Milk, COOK'S CHOICE S: Rice crackers & melon</p>	<p>22 B: Milk, hard-boiled or scrambled egg, WW toast & strawberries L: Milk, chicken-stir fry & brown rice w/ steamed broccoli & cauliflower & apples S: Kale chips & cheese stick</p>
<p>26 B: Milk, WW English muffin (with butter), cheese stick & peach slices L: Milk, rainbow WW spaghetti (bell peppers, mushrooms) w/ ground turkey or beef & tomato sauce w/ spinach & carrot salad S: Pita chips or crackers & egg salad</p>	<p>27 B: Milk, Whole wheat French toast sticks with berries & yogurt on top L: Milk, Stir-fry brown rice chicken fajita with squash and corn, w/ mandarins or cuties S: Pineapple & cheese stick</p>	<p>28 B: Milk, Scrambled eggs, & plums L: Milk, Healthy Request tomato soup & WW grilled cheese, snap peas or carrot sticks w/ apples S: Bean dip with salsa and WW crackers</p>	<p>29 B: Milk, Oatmeal & blueberries L: Milk, falafel, WW pita, tzatziki, ranch or dill dressing, w/ cucumbers, tomatoes, lettuce & mangos S: Fruit smoothies (spinach, banana, almond milk, strawberries) & Graham crackers</p>