

Water of Life Preschool & Childcare

WATER - FAM LK

<p>October 2</p> <p>Mac & Cheese (V) (1/2c)</p> <p>Side Salad (1/4c) Orange Slices (2ea) Ranch Dressing</p>	<p>October 3</p> <p>Turkey Hot Dog (1ea)</p> <p>Carrot Coins (1/4c) Pears (1/4c) Ketchup Hot Dog Bun (1ea)</p>	<p>October 4</p> <p>Spaghetti w/Beef (3/4c)</p> <p>Green Beans (1/4c) Banana (1/2 ea)</p>	<p>October 5</p> <p>Baby Bean & Cheese Burrito (V) (1ea)</p> <p>Cucumber Slices (1/4c) Peaches (1/4c) Mexican Rice (1/4c) Ranch Dressing</p>	<p>October 6</p> <p>BBQ Chicken Slider (1ea)</p> <p>Peas & Carrots (1/4c) Applesauce (1/4c) Slider Roll (1ea) (Chicken=1/4c)</p>
<p>October 9</p> <p>Beef Hamburger (1ea)</p> <p>Sweet Peas (1/4c) Apple Slices (1pkg) Hamburger Bun (1ea) Ketchup</p>	<p>October 10</p> <p>Penne Pasta w/Marinara (V) (3/4c)</p> <p>Crinkle Cut Carrots (1/4c) Pineapple Bites (1/4c) String Cheese (1ea)</p>	<p>October 11</p> <p>Roasted Chicken Bites (1/4c)</p> <p>Veggie Sticks (1/4c) Banana (1/2 ea) Multi Grain Rice (1/4c) Ranch Dressing</p>	<p>October 12</p> <p>Meatballs w/Marinara (2ea)</p> <p>Tossed Salad (1/4c) Mandarin Oranges (1/4c) Dinner Roll (1ea) Ranch Dressing</p>	<p>October 13</p> <p>Popcorn Chicken (3/4c)</p> <p>Corn Nibbles(1/4c) Apple Sauce (1/4c) Ketchup</p>
<p>October 16</p> <p>Chicken Nuggets (WG) (4ea)</p> <p>Crinkle Cut Carrots (1/4c) Apple Slices (1pkg) Ketchup</p>	<p>October 17</p> <p>Baked Ziti (V) (3/4c)</p> <p>Salad (1/4c) Peaches (1/4c) Ranch Dressing</p>	<p>October 18</p> <p>Beef Enchilada Casserole (1/2c)</p> <p>Celery Sticks (1/4c) Banana (1/2 ea) Mexican Rice (1/4c) Ranch Dressing</p>	<p>October 19</p> <p>Teriyaki Chicken Bites (1/4c)</p> <p>Cucumber Slices (1/4c) Tropical Fruit Medley (1/4c) Multi Grain Rice (1/4c) Ranch Dressing</p>	<p>October 20</p> <p>Hawaiian Meatballs (2ea)</p> <p>Veggie Sticks (1/4c) Orange Slices (2ea) Multi Grain Rice (1/4) Ranch Dressing</p>
<p>October 23</p> <p>Chilli Mac (Beef) (3/4c)</p> <p>Green Beans (1/4c) Peaches (1/4c)</p>	<p>October 24</p> <p>BBQ Chicken Bites (1/4c)</p> <p>Cucumber Slices (1/4c) Apple Slices (1pkg) Multi Grain Rice (1/4c) Ranch Dressing</p>	<p>October 25</p> <p>Mini Chicken Corndogs (4ea)</p> <p>Peas & Carrots (1/4c) Orange Slices (2ea) Ketchup</p>	<p>October 26</p> <p>Cheese & Bean Flauta (V) (1ea)</p> <p>Side Salad (1/4c) Pears(1/4c) Mexican Rice (1/4c) Ranch Dressing</p>	<p>October 27</p> <p>Sweet & Sour Chicken Bites (1/4c)</p> <p>Celery Sticks (1/4c) Banana (1/2 ea) Multi Grain Rice (1/4c) Ranch Dressing</p>
<p>October 30</p> <p>Crispy Chicken Sandwich (1ea)</p> <p>Green Beans (1/4c) Apple Slices (1pkg) Hamburger Bun (1ea) Ketchup</p>	<p>October 31</p> <p>Sweet & Sour Meatballs (2ea)</p> <p>Side Salad (1/4c) Pineapple Bites (1/4c) White Rice (1/4c) Ranch Dressing</p>			

Portions meet or exceed USDA CACFP & California Title 22 guidelines for 2-6 year olds when consumed with 6oz of 1% Milk.

(V) = Vegetarian

714.751.8500 Tel

714.751.8600 Fax

www.cater tots.com

HAVE A WONDERFUL DAY!