



Greenbelt Children's Center

October 2019 Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Applesauce, WG Goldfish Crackers & Milk Cheese Sticks & 100% Apple Juice	2 WW Waffles, Mixed Berries & Milk Apple Slices & Animal Crackers	3 WG Corn Chex, Raisins & Milk Tortilla Chips & Salsa 	4 Pineapple Chunks, WG Goldfish Crackers & Milk Educational Nutritional Activities & 100% Grape Juice.	
	6	7 Whole Wheat Flour Bagels, Orange Slices & Milk WG Wheat Thins & Cheddar Cheese Cubes	 8 WG Life Cereal, Raisins & Milk. Animal Crackers & 100% Apple Juice	9 Peaches, Apple Sauce & Milk. Pineapple Chunks & WG Wheat Thins	10 EWF Raisin Bread, Pears & Milk Orange Slices & Graham Crackers	11 WG Kix Cereal, Raisins & Milk. Educational Nutritional Activities & 100% Orange Juice.
13 	14 WG Kix Cereal, Raisins & Milk. Animal Crackers & Milk 22. WG Waffles, Mixed Berries & Milk Yogurt & Graham	15 Enriched Bleached Flour Blueberry Mini Muffins, Apple Slices & Milk Cheddar Cheese Cubes & WG Wheat Thins.	16 WG Toast, Fruit Cocktail & Milk. Fresh Pear Slices & Animal Crackers	17 Enriched Wheat Flour English Muffins, Peaches & Milk Tortilla Chips & Salsa	18 WG Cheerios, Bananas & Milk Educational Nutritional Activities & 100% Pineapple Juice	13
20 	21 WG Kix Cereal, Raisins & Milk. Animal Crackers & Milk	22 WG Waffles, Mixed Berries & Milk Yogurt & Graham Crackers	23 WG Cheerios, Fruit Cocktail & Milk Tortilla Chips & Salsa	24 WG Cream of Wheat, Peaches & Milk Veggie Sticks, Ranch Dip & 100% Apple Juice	25 Apple Sauce, WG Goldfish Crackers & Milk. Educational Nutritional Activities & 100% Apple Juice	20
27 	28 WG Life Cereal, Raisins & Milk. Graham Crackers & 100% Pineapple Juice	29 Fruit Cocktail, WG Goldfish Crackers & Milk Apple Slices & WG Wheat Thins	30 WG Oatmeal, Strawberries & Milk Cheese Sticks & 100% Apple Juice	31 WG Life Cereal, Peaches & Milk Cheddar Cheese Cubes & WG Wheat Thins 	1 WG Kix Cereal, Raisins & Milk. Educational Nutritional Activities & Orange Juice.	

This Institute in an Equal Opportunity Provider. We Serve 1% Milk.