



# Greenbelt Children's Center

## October 2021 Menu

Water is served at every meal & snack



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> EWF Raisin Bread, Pears & Milk  WG Goldfish Crackers & Apple Slices	<b>2</b> 
<b>3</b>	<b>4</b> Apple Sauce, WG Goldfish Crackers & Milk.  Graham Crackers & 100% Grape Juice	<b>5</b> Enriched Bleached Flour Blueberry Mini Muffins, Apple Slices & Milk  Cheddar Cheese Cubes & WG Wheat Thins	<b>6</b> WG Cheerios, Fruit Cocktail & Milk  Tortilla Chips & Salsa	<b>7</b> WG Life Cereal, Raisins & Milk.  Animal Crackers & 100% Pineapple Juice	<b>8</b> WG Toast, Fruit Cocktail & Milk.  Fresh Pear Slices & Animal Crackers	<b>9</b> 
<b>10</b> 	<b>11</b> <b>GCC Closed</b>	<b>12</b> WG Corn Chex, Raisins & Milk  Animal Crackers & Milk	<b>13</b> Whole Wheat Flour Bagels, Peaches & Milk  WG Wheat Thins & Cheddar Cheese Cubes	<b>14</b> Orange Slices, WG Goldfish Crackers & Milk  Cheese Sticks & 100% Apple Juice	<b>15</b> Applesauce, WG Goldfish Crackers & Milk.  WG Graham Crackers & Milk	<b>16</b> 
<b>17</b> 	<b>18</b> Pineapple Chunks, WG Graham Crackers & Milk  Low Fat Strawberry Yogurt & Cheeze Its	<b>19</b> WG Cheerios, Fruit Cocktail & Milk  Tortilla Chips & Salsa	<b>20</b> WG Kix Cereal, Bananas & Milk  Animal Crackers & 100% Orange Juice	<b>21</b> WW Waffles, Mixed Berries & Milk  Apple Slices & WG Wheat Thins	<b>22</b> Orange Slices, WG Goldfish Crackers & Milk  Cheese Sticks & 100% Apple Juice	<b>23</b> 
<b>24</b> 	<b>25</b> WG Kix Cereal, Raisins & Milk.  Tortilla Chips & Salsa	<b>26</b> Blueberry Mini Muffins Apple Slices & Milk  Peaches & WG House Made Trail Mix	<b>27</b> Apple Sauce, WG Toast & Milk.  Saltine Crackers & 100% Grape Juice	<b>28</b> Whole Wheat Flour Bagels, Orange Slices & Milk  WG Wheat Thins & Cheese Sticks	<b>29</b> Pineapple Chunks, WG Raisin Bread & Milk.  Animal Crackers & Milk	<b>30</b> 

This institute is an equal opportunity provider  
We Serve 1% Milk