

October 2019 Menu

Discovery Isle Preschool * 11740 Creek Road, CA 92064

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		1 Waffles, Fruit and Milk	2 Bagel and Cream Cheese, Fruit and Milk	3 Cereal, Yogurt, Fruit and Milk	4 Pancakes, Fruit and Milk
Lunch		Meatloaf, Mashed Potatoes, Fruit and Milk	Fish Filets, Fries , Fruit and Milk	Pizza, Vegetables, Fruit and Milk	Tuna Sandwiches, Chips, Fruit and Milk
PM Snack		Nilla Waffers and Milk	Animal Crackers and Milk	Cheese and Crackers	Graham Crackers with Jelly and Milk
Breakfast	7 Quesadilla, Fruit and Milk	8 Blueberry Bread, Fruit and Milk	9 Family Pancake Breakfast: Pancakes, Turkey Bacon, Bananas and Milk	10 English Muffins and Jelly, Fruit and Milk	11 Cereal, Yogurt, Fruit and Milk
Lunch	Roasted Chicken, Rice, Vegetables, Fruit and Milk	Grilled Cheese Sandwiches, Potato Chips, Fruit and Milk	Taquitos, Refried Beans, Fruit and Milk	Macaroni and Cheese, Veggies, Fruit and Milk	Mini Cheeseburger, Fries, Fruit and Milk
PM Snack	Veggies with Ranch and Crackers	Pudding and Graham Crackers	Cheese-Its and Milk	Animal Crackers and Milk	Cheese and Crackers
Breakfast	14	15 Cereal, Fruit and Milk	16 Bagels and Cream Cheese, Fruit and Milk	17 Muffins, Yogurt, Fruit and Milk	18 Pancakes, Fruit and Milk
Lunch	Closed	Turkey Roll-Ups, Veggies, Chips and Milk	Spaghetti, Veggies, Fruit and Milk	Enchiladas, Rice, Fruit and Milk	Bean and Cheese Burritos, Veggies, Fruit and Milk
PM Snack		Goldfish Crackers and Milk	Nilla Waffers and Milk	Cheese-Its and Milk	Veggies with Ranch and Crackers
Breakfast	21 Biscuits and Jelly, Fruit and Milk	22 Quesadilla, Fruit and Milk	23 Blueberry Bread, Fruit and Milk	24 Cereal, Yogurt, Fruit and Milk	25 Waffles, Fruit and Milk
Lunch	Pizza, Veggies, Fruit and Milk	Tuna Sandwiches, Chips, Fruit and Milk	Meatloaf, Mashed Potatoes, Fruit and Milk	Chicken Parmesan Sandwiches, Veggies, Fruit and Milk	Quesadilla, Veggies, Fruit and Milk
PM Snack	Pudding and Graham Crackers	Cheese-Its and Milk	Cookies and Milk	Goldfish Crackers and Milk	Graham Crackers with Jelly and Milk
	28	29	30	31	
Breakfast	Cereal, Fruit and Milk	Pancakes, Fruit and Milk	Muffins, Yogurt, Fruit and Milk	Blueberry Bread, Fruit and Milk	
Lunch	Fish Filets, Fries, Fruit and Milk	Macaroni and Cheese, Veggies, Fruit and Milk	Grilled Cheese Sandwiches, Potato Chips, Fruit and Milk	Sliced Hot Dogs with Baked Beans, Fruit and Milk	
PM Snack	Nilla Waffers and Milk	Cheese and Crackers	Animal Crackers and Milk	Cheese-Its and Milk	