



# OCTOBER 2023

Colonial Hills Child Development Center



## Monday

B: Egg, Sausage & Cheese **2**  
wrap, Peaches, Milk  
L: Spaghetti, Mixed Veggies,  
Peaches, Milk  
S: Graham Crackers, Milk

B: Egg, Sausage & Cheese **9**  
Wrap, Peaches, Milk  
L: Steak Fingers, Mashed  
Potatoes, pineapple chunks,  
Milk  
S: Graham Crackers Milk

B: Egg, Sausage & Cheese **16**  
wrap, Peaches, Milk  
L: Spaghetti, Mixed Veggies,  
Peaches, Milk  
S: Graham Crackers, Milk

B: Egg, Sausage & Cheese **23**  
Wrap, Peaches, Milk  
L: Steak Fingers, Mashed  
Potatoes, pineapple chunks,  
Milk  
S: Graham Crackers Milk

B: Egg, Sausage & Cheese **30**  
wrap, Peaches, Milk  
L: Spaghetti, Mixed Veggies,  
Peaches, Milk  
S: Graham Crackers, Milk

## Tuesday

B: Scrambled Eggs, Toast **3**  
w/Jelly, Pears, Milk  
L: Chicken Nuggets, Mashed  
Potatoes, Pineapple Chunks,  
Milk

B: Scrambled Eggs, Toast **10**  
w/Jelly, Pears, Milk  
L: Fish Sticks, Waffle Fries,  
Peaches, Milk  
S: Cheese Sticks, Crackers,  
Water

B: Scrambled Eggs, Toast **17**  
w/Jelly, Pears, Milk  
L: Chicken Nuggets, Mashed  
Potatoes, Pineapple Chunks,  
Milk

B: Scrambled Eggs, Toast **24**  
w/Jelly, Pears, Milk  
L: Fish Sticks, Waffle Fries,  
Peaches, Milk  
S: Cheese Sticks, Crackers,  
Water

B: Scrambled Eggs, Toast **31**  
w/Jelly, Pears, Milk  
L: Chicken Nuggets, Mashed  
Potatoes, Pineapple Chunks,  
Milk

## Wednesday

B: Waffles, Apple Sauce, **Milk**  
L: Chili, Cheese, Cornbread,  
Pears, Milk  
S: Sun Butter, Rice Cakes,  
Apple Juice

B: Waffles, Apple Sause, **11**  
Milk  
L: Hamburgers, Diced  
Carrots, Peaches Milk  
S: Sun Butter, Rice Cakes,  
Apple Juice

B: Waffles, Apple Sauce, **Milk**  
L: Chili, Cheese, Cornbread,  
Pears, Milk  
S: Sun Butter, Rice Cakes,  
Apple Juice

B: Waffles, Apple Sause, **25**  
Milk  
L: Hamburgers, Diced  
Carrots, Peaches Milk  
S: Sun Butter, Rice Cakes,  
Apple Juice

## Thursday

B: Cinnamon Bread, Orange **5**  
Slices, Milk  
L: Meatballs w/Gravy, Mashed  
Potatoes, Wheat Bread, Mandarin  
Oranges, Milk  
S: Cheese Nips, Apple Juice

B: Cinnamon Bread, **12**  
Orange Slices, Milk  
L: Papa John's Pepperoni  
Pizza, Corn, Fruit Cocktail,  
Milk  
S: Cheese Nips, Apple Juice

B: Cinnamon Bread, Orange **19**  
Slices, Milk  
L: Meatballs w/Gravy, Mashed  
Potatoes, Wheat Bread, Mandarin  
Oranges, Milk  
S: Cheese Nips, Apple Juice

B: Cinnamon Bread, **26**  
Orange Slices, Milk  
L: Papa John's Pepperoni  
Pizza, Corn, Fruit Cocktail,  
Milk  
S: Cheese Nips, Apple Juice

## Friday

B: Multi-Grain Cheerios, **6**  
Bananas, Milk  
L: Hamburger Helper, Green  
Beans, Fruit Cocktail, Milk  
S: Apple Slices, Wheat Thins,  
Water

B: Multi-Grain Cheerios, **13**  
Bananas, Milk  
L: Soft Beef Taco, Lettuce, Cheese,  
Pinto Beans, Mandarin Oranges,  
Milk  
S: Apple Slices, Wheat Thins,  
Water

B: Multi-Grain Cheerios, **20**  
Bananas, Milk  
L: Hamburger Helper, Green  
Beans, Fruit Cocktail, Milk  
S: Apple Slices, Wheat Thins,  
Water

B: Multi-Grain Cheerios, **27**  
Bananas, Milk  
L: Soft Beef Taco, Lettuce, Cheese,  
Pinto Beans, Mandarin Oranges,  
Milk  
S: Apple Slices, Wheat Thins,  
Water

"God is Great, God is Good, let us thank Him for our food. By His hand, we all are fed,  
thank you Lord, for our daily bread, Amen."