

October 2020 CITY STATION PRESCHOOL SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries
PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers
5	6	7	8	9
AM SNACK —Cheerios & bananas	AM SNACK —Cheerios & bananas	AM SNACK —Cheerios & bananas	AM SNACK —Cheerios & bananas	AM SNACK —Cheerios & bananas
PM SNACK —string cheese & crackers	PM SNACK —string cheese & crackers	PM SNACK —string cheese & crackers	PM SNACK —string cheese & crackers	PM SNACK —string cheese & crackers
12	13	14	15	16
AM SNACK — Rice Chex cereal & raisins	AM SNACK —Rice Chex cereal & raisins	AM SNACK — Rice Chex cereal & raisins	AM SNACK — Rice Chex cereal & raisins	NO SCHOOL
PM SNACK —yogurt pouch & pretzels/veggie sticks	PM SNACK —yogurt pouch & pretzels/veggie sticks	PM SNACK —yogurt pouch & pretzels/veggie sticks	PM SNACK —yogurt pouch & pretzels/veggie sticks	
19	20	21	22	23
AM SNACK —snack mix	AM SNACK —snack mix	AM SNACK —snack mix	AM SNACK —snack mix	AM SNACK —snack mix
PM SNACK —fresh fruit & cereal bar	PM SNACK —fresh fruit & Belvita biscuit	PM SNACK —fresh fruit & Belvita biscuit	PM SNACK —fresh fruit & fig bar	PM SNACK —fresh fruit & fig bar
26	27	28	29	30
AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries	AM SNACK —Goldfish & dried cranberries
PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers	PM SNACK —apple sauce & graham crackers

October 2020 CITY STATION PRESCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
Chicken nuggets Macaroni & cheese Green beans Mandarin oranges	Sliced turkey & cheese with crackers Lima Beans Sliced peaches	Mini pancakes Yogurt Hash browns Pineapple chunks	Parmesan pasta Green beans Whole grain roll Bananas	Cheese pizza Veggie straws Applesauce
5	6	7	8	9
Cheese quesadilla Black beans Mandarin oranges	Sliced turkey & cheese (1s) Sunbutter sandwich Steamed peas Sliced peaches	French toast sticks Yogurt Hash browns Pineapple chunks	Fish sticks Rice Steamed broccoli Diced pears	Cheese pizza Whole kernel corn Applesauce
12	13	14	15	16
Chicken nuggets Macaroni & cheese Green beans Mandarin oranges	Sliced turkey & cheese with crackers Lima Beans Sliced peaches	Mini pancakes Yogurt Hash browns Pineapple chunks	Parmesan pasta Green beans Whole grain roll Bananas	NO SCHOOL
19	20	21	22	23
Cheese quesadilla Black beans Mandarin oranges	Sliced turkey & cheese (1s) Sunbutter sandwich Steamed peas Sliced peaches	French toast sticks Yogurt Hash browns Pineapple chunks	Fish sticks Rice Steamed broccoli Bananas	Cheese pizza Whole kernel corn Applesauce
26	27	28	29	30
Chicken nuggets Macaroni & cheese Green beans Mandarin oranges	Sliced turkey & cheese with crackers Lima Beans Sliced peaches	Mini pancakes Yogurt Hash browns Pineapple chunks	Parmesan pasta Green beans Whole grain roll Bananas	Cheese pizza Veggie straws Applesauce