

**CREATIVE ACADEMY ELC
October 2024 Monthly Menu**

Day	Breakfast	Lunch	PM Snack
Tuesday (1)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Buns/ Rolls/ Bread,100% Grape Juice,peanut butter	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Applesauce,Potatoes,Chicken Nuggets	*Animal Crackers,Bananas
Wednesday (2)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Pancakes,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Pineapple,Corn,Turkey Sausage	Graham Crackers,100% Apple Juice
Thursday (3)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Muffins,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*English muffins-WG,Bananas,Carrots,Yogurt	Cheese Crackers,Raisins,Beans
Friday (4)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Honey Kix-WG,100% Orange Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Rice (white),Mixed Fruit,Mixed Vegetables,Chicken	Club Crackers,Applesauce
Monday (7)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Muffins,100% Apple Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*English muffins-WG,Applesauce,Green Beans,Yogurt	Goldfish Crackers,Bananas
Tuesday (8)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Cheerios/MultiGrain Cheerios-WG,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Tortilla-WG,Peaches,Carrots,Ham	Club Crackers,Cheese
Wednesday (9)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,French Toast,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Bananas,Green Beans,Chicken Nuggets	Animal Crackers,100% Apple Juice
Thursday (10)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Pancakes,100% Orange Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Buns/ Rolls/ Bread,Strawberries,Mixed Vegetables,Chicken	*Cheerios/MultiGrain Cheerios-WG,Raisins
Friday (11)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Honey Kix-WG,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Rice (white),Pineapple,Peas,Chicken	Graham Crackers,Applesauce
Monday (14)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Chex (Corn, Wheat, Rice)-WG,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Mixed Fruit,Carrots,Ham	Graham Crackers,100% Apple Juice
Tuesday (15)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Pancakes,100% Apple Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*English muffins-WG,Blueberries,Green Beans,Yogurt	*Cheerios/MultiGrain Cheerios-WG,Bananas
Wednesday (16)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Muffins,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Pineapple,Mixed Vegetables,Chicken Strips/Tenders	Goldfish Crackers,Raisins

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Thursday (17)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,French Toast,Blueberries	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Peaches,Green Beans,Turkey Sausage	Animal Crackers,100% Grape Juice
Friday (18)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Cheerios/MultiGrain Cheerios-WG,100% Orange Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Strawberries,Corn,Chicken Nuggets	Pretzel (Hard Or Soft),Applesauce
Monday (21)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,French Toast,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Buns/ Rolls/ Bread,Peaches,Mixed Vegetables,Chicken	*Honey Kix-WG,100% Apple Juice
Tuesday (22)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Chex (Corn, Wheat, Rice)-WG,100% Apple Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Applesauce,Potatoes,Turkey Sausage	Animal Crackers,Bananas
Wednesday (23)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Pancakes,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Tortilla-WG,Mixed Fruit,Carrots,Cheese	Pretzel (Hard Or Soft),Raisins
Thursday (24)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Cheerios/MultiGrain Cheerios-WG,100% Orange Juice	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Bananas,Peas,Sliced Turkey	Club Crackers,Applesauce
Friday (25)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Waffles,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Strawberries,Broccoli,Chicken Strips/Tenders	Graham Crackers,100% Apple Juice
Monday (28)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Waffles,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*Tortilla-WG,Mixed Fruit,Corn,Ham	Pretzel (Hard Or Soft),Bananas
Tuesday (29)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Buns/ Rolls/ Bread,100% Grape Juice,peanut butter	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Applesauce,Potatoes,Chicken Nuggets	*Animal Crackers,Bananas
Wednesday (30)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Pancakes,Bananas	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*buns/rolls/bread-WG,Pineapple,Corn,Turkey Sausage	Graham Crackers,100% Apple Juice
Thursday (31)	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,Muffins,Applesauce	Whole Milk,Low Fat(1%)/Fat Free(skim) Milk,State approved non-dairy substitute,*English muffins-WG,Bananas,Carrots,Yogurt	Cheese Crackers,Raisins,Beans