

**Ruston Christian Childcare and Preschool
Menu
September 28 – October 2, 2009**

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry muffins Peaches Milk	Wheat waffles/syrup Fruit cocktail Milk	Corn flakes Bananas Milk	Pancakes/syrup Apple sauce Milk	Cheerios Orange slices Milk
Lunch	Pepperoni Pizza: tomato sauce, cheese on English muffins Green salad Ranch dressing Pineapple Milk	Grilled cheese on wheat bread Celery & ranch dressing Pears Milk	Macaroni & cheese & Tomato soup Steamed broccoli & carrots Fruit cocktail Milk	Chicken nuggets Slice of bread with margarine Corn Peaches Milk	Chicken-a-la-king with chicken, peas, corn, and carrot. Rice Green beans Milk
PM Snack	Graham crackers Milk	Pretzels Orange juice	Cheerios, Rice chex, Marshmallows Milk	Animal crackers Milk	Ritz crackers String cheese Water

