

Ruston Christian Childcare and Preschool
Menu A
October 5 – October 9, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French toast/syrup Apple sauce Milk	Corn flakes Bananas Milk	Pancakes/syrup Diced apple Milk	Blueberry muffins Peaches Milk	Cheerios Oranges Milk
Lunch	Sloppy Joe: Ground Turkey, Package Seanson tomato paste on hamburger bun Green beans, Orange slices Milk	Grilled Ham & cheese on wheat bread Mayo Carrots with Ranch Peaches Milk	Tuna Casserole with egg noodles Cream of mushroom soup Steamed broccoli & carrots Pears Milk	Breaded chicken tender Corn Slice of bread with margarine Mandarin oranges Milk	Burrito with turkey Package seasoning Refried beans and cheese Green salad Ranch dressing Apples Milk
PM Snack	Cheezits crackers Apple juice	Pretzels Orange juice	Goldfish crackers Apple juice	Graham crackers Milk	Animal crackers Milk

