

Ruston Christian Childcare and Preschool
Menu B
October 12 – October 16, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Special K Banana Milk	Wheat waffles/syrup Peaches Milk	Chex Cereal Orange slices Milk	Pancakes/syrup Fruit cocktail Milk	Corn flakes Bananas Milk
Lunch	Ravioli with ground turkey Tomato sauce Slice of bread Fruit cocktail Milk	Grilled cheese on wheat bread Celery Ranch dressing Pears Milk	Pepperoni Pizza: tomato sauce, two cheeses on English muffin Green salad Ranch dressing Pineapple Milk	Chicken nuggets Slice of bread Steamed veggies Diced apple Milk	Turkey, cheese & mayo on wheat bread Broccoli Ranch dressing Apple slices Milk
PM Snack	Graham crackers Apple juice	Pretzels Orange juice	Cheerios, Rice chex, Marshmallows Milk	Ritz crackers String cheese Water	Animal crackers Milk

