The Scho	ools at Children	's Tree House		October 2 – 6, 2023		
Breakfast	2 Whole Wheat Mini Bagel with Cream Cheese	ී Pigs in a Blanket	4 Fresh Baked Triple Berry Muffin	ठ Blueberry Chex Cereal	6 Fresh Baked Apple Cinnamon Muffin	
Bre	Tropical Fruit Mix in 100% Juice Milk	Fresh Sliced Banana Milk	All-Natural Applesauce Milk	Diced Pears in 100% Juice Milk	Fruit Cocktail in 100% Juice Milk	
Lunch	Creamy Whole Grain Macaroni and Cheese	Oven Baked Sliced Chicken Breast	Ground Beef	Ground Beef Meatloaf	Crispy Chicken Tenders	
	Sweet Tender Peas Fresh Blueberries	Whole Grain Tortilla Steamed Green Beans	Whole Grain Spaghetti Savory Tomato Sauce	Long Grain Rice Steamed Broccoli	Creamy Mashed Potatoes Steamed Sliced Carrots	
		Fresh Diced Grapes	Sweet Baby Corn	Diced Peaches in 100% Juice	Mandarin Oranges in 100% Juice	
	Milk	Milk	Milk	Milk	Milk	
Afternoon Snack	Whole Grain Crackers	Whole Grain Goldfish	Vanilla Wafers	Whole Grain Animal Crackers	Veggie Straws	
After Sn	Fresh Diced Cucumbers	100% Apple Juice	Fresh Sliced Banana	*Fresh Tangerines *Toddlers: Mandarin Oranges in 100% Juice	100% White Grape Juice	

The Schools at Children's Tree House

October 09 – 13, 2023

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Breakfast	Center Closed HAPPY INDIGENOUS PEOPLES DAY	10 Crispy Hash Browns Fresh Sliced Strawberries Milk	11 Whole Grain Pancake Diced Peaches in 100% Juice Milk	12 Fresh Baked Wild Berry Muffin Mandarin Oranges in 100% Juice Milk	13 Life Cereal Fruit Cocktail in 100% Juice Milk
Tunch	Center Closed HAPPY INDIGENOUS PEOPLES DAY	Nitrate Free Turkey Whole Wheat Bread Mixed Green Salad Diced Mixed Melon Salad Milk	Beef Steak Fingers Whole Grain Rice Steamed Sliced Carrots Diced Pears in 100% Juice Milk	Whole Grain Chicken Corndog Crispy French Fries Sweet Tender Peas Tropical Mixed Fruit in 100% Juice Milk	Beef Meatballs Long Grain Rice Steamed Broccoli All- Natural Applesauce Milk
Afternoon Snack	Center Closed HAPPY INDIGENOUS PEOPLES DAY	Cheeto Puffs 100% Apple Juice	Cinnamon Teddy Grahams All-Natural Applesauce	Goldfish Pretzels *Cranraisins *Toddlers: Fresh Diced Grapes	Baked Tortilla Chips Mild Salsa

The Schools at Children's Tree House October 16 – 20, 2023 16 17 18 19 Breakfast Brown Sugar and Buttered English Muffin Whole Grain French Toast Pigs in a Blanket Buttered Whole Wheat Toast **Cinnamon Oatmeal** Sticks Fresh Blueberries Diced Mixed Melon Pineapple Tidbits in 100% **All-Natural Applesauce** Diced Peaches in 100% Juice Juice Milk Milk Milk Milk Milk Lunch Breakfast Turkey Sausage Ground Beef **Crispy Chicken Nuggets Oven Baked Chicken Breast** Sloppy Joes Whole Grain Waffle Sticks Whole Grain Spaghetti Whole Grain Bread Whole Wheat Bun Fresh Baked Corn Bread Crispy Hash Brown **Creamy Mashed Potatoes** Steamed Sliced Carrots Savory Tomato Sauce Steamed Green Beans Steamed Green Beans Mandarin Oranges in 100% Fresh Sliced Banana Steamed Broccoli Diced Pears in 100% Juice Juice Milk Milk Milk Milk Milk fternoon Snack **Veggie Straw** Whole Grain Crackers Vanilla Wafers **Cinnamon Graham Crackers** Whole Grain Goldfish 100% Apple Juice 1% Vanilla Yogurt 100% White Grape Juice Mozzarella Cheese Stick Fresh Sliced Banana

The	Schools at Childı	Octo	October 25 – 27, 2023			
Breakfast	23 Brown Sugar Cinnamon Oatmeal	24 Buttered Whole Grain Toast	25 Whole Grain Pancakes	26 Blueberry Chex Cereal	2≯ Buttered English Muffin	
Bre	Fresh Diced Grapes	Fresh Blueberries	Fruit Cocktail in 100% Juice	All-Natural Apple Sauce	Pineapple Tidbits in 100% Juice	1
76	Milk	Milk	Milk	Milk	Milk	$\int$
Lunch	Nitrate Free Turkey Whole Wheat Bread Diced Cucumbers Diced Peaches in 100% Juice Milk	Lean Ground Beef Whole Grain Spaghetti Savory Tomato Sauce Pineapple Tidbits in 100% Juice Milk	Oven Baked Chicken Whole Wheat Bread Creamy Mashed Potatoes Steamed Green Beans Milk	Sloppy Joes Whole Grain Bun Steamed Sliced Carrots Mandarin Oranges in 100% Juice Milk	Smoked Sausage Whole Wheat Bread Steamed Broccoli Diced Pears in 100% Juice Milk	2
fternoon	Vanilla Wafers	Whole Grain Animal Crackers <b>*Toddlers: Mandarin</b>	Cinnamon Graham Crackers	Whole Grain Crackers	Goldfish Pretzels	
Afte S	Fresh Sliced Banana	Oranges in 100% Juice	All-Natural Applesauce	Mozzarella Cheese Stick	100% Apple Juice	1



## The Schools at Children's Tree House

## October 30 & 31, 2023

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	Breakfast	30 Whole Grain Waffle Sticks	31 Life Cereal				
[	Brea	Diced Pears in 100% Juice	Fruit Cocktail in 100% Juice				
-		Milk	Milk				
	Lunch	Crispy Chicken Tenders	Beef Meatballs Whole Grain Rice				
		Creamy Mashed Potatoes	Steamed Broccoli				
7		Sweet Baby Corn	All- Natural Applesauce				1
9		Fruit Cocktail in 100% Juice	Milk				
		Milk					× .
	Afternoon Snack	Veggie Straw	Baked Tortilla Chips				
(	After Sn	100% White Grape Juice	Mild Salsa				
-			- 10			~ *	