

Baby Gator Child Development and Research Center at the University of Florida at Newell Drive
Breakfast, Lunch and Afternoon Snack Menu
October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B: Grits, scrambled egg, grape juice and milk L: Baked Chicken Quarters, pineapple/orange fruit salad, French fries and milk S: Cinnamon raisin bagel and ½ orange	2 B: Cheerios, apple juice and milk L: Turkey Marsala, broccoli florets, wild rice and milk S: Blueberry Muffins Apple Sauce
5 B: Scrambled Eggs, Bacon and milk L: Grilled cheese, Garden Vegetable soup, ¼ banana and milk S: Sugar cookie and milk	6 B: Rice Krispies, ½ banana and milk L: Sweet and sour chicken, white rice, Mediterranean veg. blend, ¼ apple and milk S: Animal crackers and fruit cocktail	7 B: Cheerios, fresh fruit cup and milk L: Sliced turkey sandwich on wheat, regular coleslaw, fruit cocktail and milk S: Vanilla yogurt and teddy grahams	8 B: Biscuit w/ jelly, Bacon, orange juice and milk L: Stuffed shells, summer vegetable blend, pineapple/orange salad and milk S: Saltine crackers and cheese cubes	9 B: Bran muffin, grape juice and milk L: Baked fish primavera. Broccoli rice casserole, ambrosia salad, dinner roll and milk S: ½ banana and milk
12 B: Pancakes, apple juice and milk L: Sheppard's pie, cheesy cauliflower, dinner roll and milk S: Fruited yogurt, graham crackers	13 B: Cheerios, ½ banana and milk L: Beef Stroganoff, squash casserole, applesauce, rice pilaf and milk S: Apple pie and milk	14 B: Cinnamon French toast, fresh fruit cup and milk L: Hamburger on bun, regular Cole slaw, French fries and milk S: Bran muffin and milk	15 B: Scrambled Eggs, Bacon, orange juice and milk L: Baked Ziti w/ cheese, fruit Salad, broccoli and milk S: ½ cinnamon raisin bagel and applesauce	16 B: Biscuit w/ sausage gravy, grape juice and milk L: Tuna on croissant, ambrosia salad, pickle spear and milk <u>BIRTHDAY SNACK:</u> Angel Food cake, vanilla ice cream and milk
19 B: Biscuits, scrambled eggs, grape juice and milk L: Beef pot pie, mashed potatoes, ¼ apple and milk S: Blueberry muffin and applesauce	20 B: Rice Krispies, ½ banana and milk L: Crispy Baked Fish, white rice, green beans, ¼ apple and milk S: Nutri grain bar and milk	21 B: Pancakes, fresh fruit cup and milk L: Grilled cheese sandwich, garden vegetable soup, ¼ banana and milk S: Club crackers and orange juice	22 B: Cinnamon roll, apple juice and milk L: Ham and Cheese on whole wheat, fruit whip salad, summer vegetable blend and milk S: Palin bagel and grapes	23 B: Honey nut cheerios, orange juice and milk L: Chicken tenders, Broccoli Florettes, ambrosia dinner roll and milk S: Rice Kris pie treat and milk

<p>26B: Cinnamon French Toast, apple juice and milk</p> <p>L: Fish Sandwich Malibu veg. blend, sliced peaches and milk</p> <p>S: Blueberry muffin, applesauce</p>	<p>27 B: Rice Krispies, ¼ banana and milk</p> <p>L: Macaroni and Cheese baby carrots, fruit cocktail, and milk</p> <p>S: Sugar cookie and milk</p>	<p>28 B: Cheerios, Fresh Fruit Cup, Milk</p> <p>L: Chicken Tenders Broccoli floret's, steamed white rice, grapes and milk</p> <p>S: Animal Crackers, Milk</p>	<p>29 B: Biscuits, Bacon, orange juice and milk</p> <p>L: Beef burgundy, bow tie pasta, cut green beans, fruit cocktail and milk</p> <p>S: Cheddar cheese cubes and club crackers</p>	<p>30 B: Scrambled Eggs, Baby Cakes and milk</p> <p>L: Baked ham w/ raisin sauce, wild rice, baby carrots, applesauce and milk</p> <p>S: Vanilla yogurt, fruit cocktail</p>
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