

Baby Gator Child Development and Research Center at The University of Florida
 Breakfast, Lunch and Snack Menu
 October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B: Pancakes, orange juice, milk L: Teriyaki chicken drumsticks, (diced chicken for LGC/LGB) mashed potatoes, fruit salad, Parker House rolls, milk S: Cereal, milk	2 B: Cereal, cooked diced apples, milk L: Beef/Veggie soup, toasted pita wedges, fruit cocktail, milk S: Goldfish crackers, milk
5 B: English muffins w/ Canadian bacon, diced peaches, milk L: Beefy macaroni w/ cheese, green beans, applesauce, milk S: Animal crackers, milk	6 B: Cereal, mandarin oranges, milk L: Grilled cheese sandwich, tomato soup, diced pears, milk S: Pretzels, orange juice	7 B: Biscuits w/ jelly, bananas and milk L: Chicken nuggets, baked beans, buttered rice, diced peaches, milk S: Fig Newtons, milk	8 B: Cereal, fruit cocktail, milk L: Fish nuggets, cornbread, fruit cocktail, sweet green peas, milk S: Graham crackers and cinnamon applesauce	9 B: Assorted muffins, applesauce and milk L: Cheese Pizza, lima beans, diced pears, Parker House roll, milk S: Saltine crackers, Assorted flavored yogurt
12 B: Cereal, mandarin oranges, milk L: Tuna Salad, peas and carrots, Saltine Crackers, Tropical fruit salad, milk S: Melba toast, pineapple juice	13 B: Assorted muffins, diced peaches, milk L: Beef Ravioli, Lima beans, applesauce, soft bread sticks, milk S: Cereal bar, milk	14 B: English muffins w/ Canadian bacon, diced pears, milk L: Vegetable Lasagna w/ extra cheese, garden salad w/ Ranch dressing, mixed fruit, milk S: Saltine crackers, orange juice	15 B: Pancakes, fresh apple slices, milk L: Meatballs w/ gravy, steamed rice, Green peas, pineapple tidbits, milk S: Vanilla yogurt, Animal crackers	16 B: Cereal, mandarin oranges, milk L: Veggie burger on bun, sweet pickles, black eye peas, diced pears, milk <u>Birthday Party Snack:</u> Vanilla Pudding, assorted cookies and milk
19 B: Biscuits w/ link sausage, Tropical fruit salad, milk L: Grilled cheese sandwich on whole wheat bread, green beans, diced peaches, milk S: Melba toast w/ jelly, milk	20 B: Cereal, fruit cocktail, milk L: Baked chicken legs (chicken nuggets for LGC), broccoli, white/wild rice mix, mandarin oranges, milk S: Applesauce, Vanilla Wafers	21 B: Bagels w/ cream cheese or butter, diced pears, milk L: Ham slices, mashed potatoes, pineapple tidbits, cornbread, milk S: Pretzels, orange juice	22 B: Cereal, bananas, milk L: Bean & Cheese Burrito, tomato soup, diced peaches, milk S: Cucumber slices and carrot strips w/ Ranch Dressing, milk	23 B: Assorted muffins, apple juice and milk (BAG LUNCHES FOR FG FIELDTRIP) L: Turkey and cheese sandwich on whole wheat bread, raw carrot strips, sweet pickles, fresh grapes, milk S: Animal crackers, Mandarin Oranges
26 B: Waffles, applesauce, milk L: Salisbury steak w/ gravy, mashed potatoes, fruit cocktail, buttered bread, milk S: Goldfish crackers, orange juice	27 B: Cereal, diced peaches, milk L: Chicken and yellow rice, mixed vegetables, mandarin oranges, milk S: Cubed cheese, Saltine crackers	28 B: French toast sticks, diced pears, milk L: Beefy macaroni w/ cheese, black eye peas, tropical fruit salad, milk S: Vanilla pudding, graham crackers, milk	29 B: Cereal, fruit cocktail, milk L: Turkey sandwich on bun or wheat bread, lima beans, pineapple tidbits, milk S: Carrot sticks, vanilla yogurt	30 B: English Muffins, orange juice and milk (Fall Festival) L: Vegetarian Chili, diced peaches, yams, soft bread sticks, milk S: Pretzels, milk