



October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Healthy Living Tips:</i></p> <p><i>With the flu season approaching, there are many steps we can take to help</i></p>	<p>2) Turkey on Whole Wheat Peas Applesauce Milk</p>	<p>3) Pasta w/ Marinara Sauce Green Beans Orange Slices Milk</p>	<p>4) English Muffin Pizzas Broccoli Apple Slices Milk</p>	<p>5) Fish Sticks Mixed Vegetables Bananas Milk</p>	<p>6) Ham on Whole Wheat Cucumber Cantaloupe Milk</p>	<p><i>As with adults, staying well means regular exercise. Fortunately for kids, physical activity is not usually a problem.</i></p>
<p><i>prevent or lessen the discomfort our children go through during the flu and cold season.</i></p>	<p>9) Sunbutter & Jelly Triangles Sweet Potato Fries Honeydew Milk</p>	<p>10) Chicken Nuggets Peas Pineapple Milk</p>	<p>11) Pasta w/ Alfredo Sauce Green Beans Orange Slices Milk</p>	<p>12) Grilled Cheese on Whole Wheat Broccoli Applesauce Milk</p>	<p>13) Turkey Hot Dogs Baked Beans Cantaloupe Milk</p>	<p><i>The fresh air and vitamin D rich sunshine help provide a needed source of energy to our children .</i></p>
<p><i>A wholesome diet high in fresh fruits and vegetables, whole grains, with enough protein foods</i></p>	<p>16) Cheese Quesadillas W/ Salsa Mixed Vegetables Peaches Milk</p>	<p>17) Pasta with Turkey Meatballs Cucumber Applesauce Milk</p>	<p>18) Cinnamon Pancakes Sunbutter Dip Apple Slices Milk</p>	<p>19) Pasta Salad w/ Turkey, Peas & Carrots Bananas Milk</p>	<p>20) Turkey on Whole Wheat Sweet Potato Fries Honeydew Milk</p>	<p><i>For more information go to www.healthy.net</i></p>
<p><i>like dried beans, legumes, lean meats fish and fowl, and low in sugar, salt and fat is best.</i></p>	<p>23) Turkey Hot Dogs Baked Beans Applesauce Milk</p>	<p>24) Macaroni & Cheese Broccoli Pineapple Milk</p>	<p>25) Ham on Whole Wheat Mixed Vegetables Orange Slices Milk</p>	<p>26) Chicken Nuggets Green Beans Apple Slices Milk</p>	<p>27) Sunbutter & Jelly Triangles Peas Bananas Milk</p>	<p><i>A reminder to all parents - We do provide the B.R.A.T. diet here at the center for your child who is on the mend from the flue or cold</i></p>
<p><i>Eating a lot of sugar and fat depresses your child's immunity and opens him up to more illness.</i></p>	<p>30) English Muffin Pizzas Cucumber Applesauce Milk</p>	<p>31) Cheese Quesadillas W/ Salsa Broccoli Cantaloupe Milk</p>				

Breakfast: Cheerios, Toast with Sunbutter and Jelly, Milk

Snacks: Goldfish, Veggie Sticks, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Graham Crackers, Crasins, Gerber Fruit Puffs, Fresh Fruit, Yogurt

We serve Whole Milk that is All Natural & Free of Growth Hormones.