

# YDC Mandan October 2020

Milk: 1% Milk (ages 2+) / Whole Milk (ages 1-2)  
Items marked with an \* are whole grain rich



Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>10/1</b> <b>Breakfast</b> Toast* & Jelly Applesauce Milk	<b>10/2</b> <b>Breakfast</b> Corn Chex* Pears Milk		
						<b>Snack</b> Mozzarella Cheese Stick Apples	<b>Snack</b> Tortilla Chips & Salsa Milk		
<b>10/5</b> <b>Breakfast</b> Frosted Mini Wheats* Applesauce Milk	<b>10/6</b> <b>Breakfast</b> Bagel* Peaches Milk	<b>10/7</b> <b>Breakfast</b> Life* Mandarin Oranges Milk	<b>10/8</b> <b>Breakfast</b> English Muffin* Pineapple Milk	<b>10/9</b> <b>Breakfast</b> Kix* Tropical Fruit Milk					
<b>Snack</b> Banana Milk	<b>Snack</b> Blueberry Muffins Milk	<b>Snack</b> Animal Crackers Milk	<b>Snack</b> Cheddar Chex Mix* Milk	<b>Snack</b> Fresh Oranges Sun Flower Kernels					
<b>10/12</b> <b>Breakfast</b> Rice Krispies Peaches Milk	<b>10/13</b> <b>Breakfast</b> Waffle Peaches Milk	<b>10/14</b> <b>Breakfast</b> Cheerios* Pineapple Milk	<b>10/15</b> <b>Breakfast</b> Toast* & Jelly Applesauce Milk	<b>10/16</b> <b>Breakfast</b> Corn Chex* Pears Milk					
<b>Snack</b> White Cheddar Popcorn* Milk	<b>Snack</b> Teddy Grahams* Milk	<b>Snack</b> Strawberry Chex Mix* Milk	<b>Snack</b> Mozzarella Cheese Stick Apples	<b>Snack</b> Tortilla Chips & Salsa Milk					
<b>10/19</b> <b>Breakfast</b> Frosted Mini Wheats* Applesauce Milk	<b>10/20</b> <b>Breakfast</b> Bagel* Peaches Milk	<b>10/21</b> <b>Breakfast</b> Life* Mandarin Oranges Milk	<b>10/22</b> <b>Breakfast</b> English Muffin* Pears Milk	<b>10/23</b> <b>Breakfast</b> Kix* Tropical Fruit Milk					
<b>Snack</b> Scooby Grahams* Banana	<b>Snack</b> Cheddar Chex Mix* Milk	<b>Snack</b> Mini Pretzel Twists* Colby Jack Cheese Stick	<b>Snack</b> Animal Crackers* Oranges	<b>Snack</b> Wheat Crackers American Cheese Slice Milk					
<b>10/26</b> <b>Breakfast</b> Rice Krispies Peaches Milk	<b>10/27</b> <b>Breakfast</b> Waffle Tropical Fruit Milk	<b>10/28</b> <b>Breakfast</b> Corn Chex* Mandarin Oranges Milk	<b>10/29</b> <b>Breakfast</b> Toast* & Jelly Pineapple Milk	<b>10/30</b> <b>Breakfast</b> Cheerios* Applesauce Milk					
<b>Snack</b> Cheez-It Crackers* Apples	<b>Snack</b> Teddy Grahams* Milk	<b>Snack</b> Strawberry Chex Mix* Milk	<b>Snack</b> Chex Mix Milk	<b>Snack</b> Animal Crackers Milk					

