

FBCCC Menu FALL 2017

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 11 - 15 Oct 9 - 13 Nov 6 - 10	Biscuits & Jelly / OJ / Milk	Oatmeal / Peaches / Milk	Chex Cereal / Bananas / Milk	Cheese Toast / Apples / Milk	Waffle / Applesauce / Milk
	Chicken Nuggets Mashed Potatoes Green Beans Whole Wheat Roll Milk Water Available	Maple Pancakes Sausage Patty Hash Browns Mandarin Oranges Milk Water Available	Grilled Cheese on WW Vegetable Soup Crackers Mixed Fruit Milk Water Available	Beef Taco Lettuce & Cheese Black Beans Pineapple Milk Water Available	Beef Hotdog on WW Bun Baked Beans Potato Wedges Diced Pears Milk Water Available
	Granola Bars / Milk	Trail Mix / Water	Graham Crackers / Milk	Saltines / Cheese Cubes / Water	WG Goldfish / 100% Apple Juice
	Bluberry Muffins / M. Oranges / Milk	Cheese Grits / Peaches / Milk	WG Cheerios / Bananas / Milk	Maple Pancakes / Mixed Fruit / Milk	Vanilla Yogurt / Blueberries / Milk
Sept 18 - 22 Oct 16 - 20 Nov 13 - 17	Meatballs/Rice and Gravy Broccoli Mixed Fruit Whole Wheat Roll Milk Water Available	Macaroni & Cheese Pinto Beans Cabbage Corn Muffin Milk Water Available	Grilled Cheese on WW Chicken Noodle Soup Mixed Veggies Applesauce Milk Water Available	Spaghetti & Meat Sauce Corn Pears Garlic Bread Milk Water Available	Baked Chicken Legs Sweet Potatoes Green Peas Whole Wheat Roll Milk Water Available
	Rice Crispy Treats / Milk	Ritz Crackers / Raisins / Water	Animal Crackers / Milk	String Cheese / Grapes / Water	Cheez-its / 100% Apple Juice
	Biscuits & Jelly / OJ / Milk	Oatmeal / Peaches / Milk	Chex Cereal / Bananas / Milk	Cheese Toast / Apples / Milk	Waffle / Applesauce / Milk
	Chicken Nuggets Mashed Potatoes Green Beans Whole Wheat Roll Milk Water Available	Maple Pancakes Sausage Patty Hash Browns Mandarin Oranges Milk Water Available	Grilled Cheese on WW Vegetable Soup Crackers Mixed Fruit Milk Water Available	Beef Taco Lettuce & Cheese Black Beans Pineapple Milk Water Available	Beef Hotdog on WW Bun Baked Beans Potato Wedges Diced Pears Milk Water Available
Granola Bars / Milk	Trail Mix / Water	Graham Crackers / Milk	Saltines / Cheese Cubes / Water	WG Goldfish / 100% Apple Juice	
Sept 25 - 29 Oct 23 - 27 Nov 20 - 24	Chicken Nuggets Mashed Potatoes Green Beans Whole Wheat Roll Milk Water Available	Maple Pancakes Sausage Patty Hash Browns Mandarin Oranges Milk Water Available	Grilled Cheese on WW Vegetable Soup Crackers Mixed Fruit Milk Water Available	Beef Taco Lettuce & Cheese Black Beans Pineapple Milk Water Available	Beef Hotdog on WW Bun Baked Beans Potato Wedges Diced Pears Milk Water Available
	Rice Crispy Treats / Milk	Ritz Crackers / Raisins / Water	Animal Crackers / Milk	String Cheese / Grapes / Water	Cheez-its / 100% Apple Juice
	Biscuits & Jelly / OJ / Milk	Oatmeal / Peaches / Milk	Chex Cereal / Bananas / Milk	Cheese Toast / Apples / Milk	Waffle / Applesauce / Milk
	Chicken Nuggets Mashed Potatoes Green Beans Whole Wheat Roll Milk Water Available	Maple Pancakes Sausage Patty Hash Browns Mandarin Oranges Milk Water Available	Grilled Cheese on WW Vegetable Soup Crackers Mixed Fruit Milk Water Available	Beef Taco Lettuce & Cheese Black Beans Pineapple Milk Water Available	Beef Hotdog on WW Bun Baked Beans Potato Wedges Diced Pears Milk Water Available
Granola Bars / Milk	Trail Mix / Water	Graham Crackers / Milk	Saltines / Cheese Cubes / Water	WG Goldfish / 100% Apple Juice	
Oct 2 - 6 Oct 30 - Nov 3 Nov 27 - Dec 1	Meatballs/Rice and Gravy Broccoli Mixed Fruit Whole Wheat Roll Milk Water Available	Macaroni & Cheese Pinto Beans Cabbage Corn Muffin Milk Water Available	Grilled Cheese on WW Chicken Noodle Soup Mixed Veggies Applesauce Milk Water Available	Spaghetti & Meat Sauce Corn Pears Garlic Bread Milk Water Available	Baked Chicken Legs Sweet Potatoes Green Peas Whole Wheat Roll Milk Water Available
	Rice Crispy Treats / Milk	Ritz Crackers / Raisins / Water	Animal Crackers / Milk	String Cheese / Grapes / Water	Cheez-its / 100% Apple Juice
	Bluberry Muffins / M. Oranges / Milk	Cheese Grits / Peaches / Milk	WG Cheerios / Bananas / Milk	Maple Pancakes / Mixed Fruit / Milk	Vanilla Yogurt / Blueberries / Milk
	Meatballs/Rice and Gravy Broccoli Mixed Fruit Whole Wheat Roll Milk Water Available	Macaroni & Cheese Pinto Beans Cabbage Corn Muffin Milk Water Available	Grilled Cheese on WW Chicken Noodle Soup Mixed Veggies Applesauce Milk Water Available	Spaghetti & Meat Sauce Corn Pears Garlic Bread Milk Water Available	Baked Chicken Legs Sweet Potatoes Green Peas Whole Wheat Roll Milk Water Available
Rice Crispy Treats / Milk	Ritz Crackers / Raisins / Water	Animal Crackers / Milk	String Cheese / Grapes / Water	Cheez-its / 100% Apple Juice	

**1-2 years = whole milk; over 2 years = 1% milk

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