

GENERAL MENU (2'S-PREK)		SCHOOL MENU			October 2023	
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	2	3	4	5	6	
BREAKFAST 7:30am-8:30am	Yogurt w. Fruit, granola	French toasted bred, Milk	Scrambled eggs, bacon, fruit, Milk	Sausage patties, Fruit in season, Milk	Scrambled eggs, fruit in season, Milk	
LUNCH Main	Fish sticks	Beef and BBQ sauce	Grilled chicken	Cold pasta w. Turkey	Bean and cheese taco	
LUNCH Side 1	Green Beens	Rice	Broccoli	Carrots	Peas	
LUNCH Side 2	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	
PM SNACK	Mini pretzels & raisins	Mozzarella sticks & cranberries	Goldfish & fruit in season	Fruit & animal crackers	Apple sauce	
WEEK 2	9	10	11	12	13	
BREAKFAST 7:30am-8:30am	CLOSED	Scrambled eggs w. Turkey, fruit in season, Milk	Mini muffin, fruit in season, Milk	Sausage Patties, fruit in season, Milk	Oatmeal, fruit, Milk	
LUNCH Main		Spaghetti w. Tuna in tomato sauce	Mexican picadillo w vegetables	Chicken nuggets	Tuna salad	
LUNCH Side 1	CLOSED	Peas	Beans	Broccoli	Carrots	
LUNCH Side 2		Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Tostadas	
PM SNACK	CLOSED	Corn bread & fruit	Turkey Weiners & fruit	Yogurt & animal crackers	Fruit & turkey slices	
WEEK 3	16	17	18	19	20	
BREAKFAST 7:30am-8:30am	Yogurt w fruit in and oatmeal	Scrambled eggs, fruit in season, Milk	French toast, fruit in season, Milk	Sausage Patties, fruit in season, Milk	Oatmeal, fruit, Milk	
LUNCH Main	Chicken patties	Tuna rice casserole	Garlic chicken	Beef stew w. Potatoes	Lentil soup w vegetables	
LUNCH Side 1	Peas	Carrots	Corn	Broccoli	Cheese	
LUNCH Side 2	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	Fresh Fruit in Season	
PM SNACK	Turkey slices & graham cookies	Mini muffin & fruit	Wheat crackers & raisins	Goldfish & raisinis	Apple sauce	
WEEK 4	23	24	25	26	27	
BREAKFAST 7:30am-8:30am	Cereal w fruit, Milk	Sausage patties, fruit in season, Milk	Toasted bread w beans, fruit in season, Milk	Yogurt w fruit and granola, Milk	Scrambled eggs, fruit in season, Milk	
LUNCH Main	Fish nuggets	Grilled Chicken	Meatballs w rice	Cheese burger	Cowboy salad (pasta, corn, bacon)	
LUNCH Side 1	Mashed potatoes	Corn	Green beans	Carrots	Peas	
LUNCH Side 2	Green beans	Fresh Fruit in Season	Fresh Fruit in Season	Tater tots	Fresh Fruit in Season	
PM SNACK	Yogurt & fruit	Toasted bread w. Jelly & Fruit	Turkey ham slices & cranberries	Fruit	Mozzarella cheese sticks	
MEAL NOTES:	2% Milk served at breakfast. Water is served in all meals.			BCA is a peanut free facility, please do not bring any items that contain peanuts.		
	If your child will not eat certain foods/meals, or has an allergy/dietary preference, please send an alternative food/meal replacement for that day			If your child drinks a Milk substitute, please bring in a thermos/sippy cup for the day. We cannot store large containers of personal milk		
Our Pantry:	Bilingual Child Academy uses: <ul style="list-style-type: none"> • 100% Olive oils and/or Coconut Oils for cooking • Butter • Fresh vegetables and fruits in season served • Animal & Soy proteins • Whole grain breads • Our cooks shop weekly and multiple times per week to buy fresh fruit offerings and fruits in season. • BCA is a peanut free facility 			Bilingual Child Academy is making a commitment to reduce or eliminate: <ul style="list-style-type: none"> x No Margarine or hydrogenated products x No Vegetable oils x No Canned fruit full of syrup or fruit juices x No Canned vegetables x Less processed foods such as: cookies, crackers, cereals full of sugar and preservatives 		