

Peachtree Road Lutheran Preschool
Breakfast/Snack Menu - October 2017

2 Yogurt Granola	3 Cinnamon oatmeal	4 Parmesan cheese grits Turkey sausage, Toast	5 Scrambled eggs Toast	6 Honey nut cereal
Ham-cheese sandwich Fruit juice	Apple sauce Veggie straw	String cheese Multigrain cracker	Rice and veggies cracker Tropical smoothie	Crackers Raisins
9 Parent conferences	10 Cheese toast	11 Parmesan Grits Turkey sausage	12 Sweet potato pancakes fruit compote	13 Cinnamon oatmeal
	Fruit juice Animal crackers	Blueberry smoothie Milton's GF crackers	Veggie straw Yogurt and granola	Hummus and multigrain crackers
16 Banana pancakes Blueberry compote	17 Yogurt Granola	18 Oatmeal with raisins	19 Scrambled eggs Toast	20 Ham and cheese sandwich
Gogurt Raisins	Multigrain crackers Strawberry-banana smoothie	Fruit juice Milton's GF crackers	String cheese Multigrain cracker	Apple sauce Pumpkin bread
23 Oatmeal with raisins	24 Yogurt Granola	25 Sweet potato pancake Strawberry compote	26 Cheddar cheese grits Turkey bacon	27 Scrambled eggs Toast
Mango smoothie Animal crackers	Fruit juice	Blueberry smoothie Corn chips	Veggie straw Yogurt and granola	Hummus and multigrain crackers
30 Cheese toast	31 Ham and cheese sandwich			
Tropical smoothie Crackers	Gogurt Raisins			

- Organic fresh fruit is served in every meal
- Kids with special diets will be served a different meal to fit their needs.
- Menu might change according to availability of items
- For questions and comments please contact me at chefrogerio@live.com

By Executive Chef Rogerio Martins