

Peachtree Road Lutheran Preschool
Breakfast/Snack Menu - October 2018

1 Cinnamon oatmeal	2 Cheddar cheese grits Turkey sausage	3 Ham and cheese croissant	4 Scrambled eggs and toast	5 Cheese toast
Fruit and vegetables pouch Crackers	Gogurt Animal cracker	PB&J sandwich Fruit juice	Yogurt and granola	Hummus and pita bread
8 Ham and cheese sandwich	9 Strawberry oatmeal	10 Scrambled eggs and toast	11 Sweet potato pancakes fruit compote	12 Strawberry oatmeal
Fruit juice Veggie straw	Corn chips Strawberry banana smoothie	Fruit pouches String cheese	Guacamole Corn chips	Animal crackers Apple sauce
15 Yogurt and granola	16 Cheese toast	17 Cheddar cheese grits Sausage	18 Scrambled eggs and Toast	19 Banana pancakes Strawberry jelly
Mango smoothie Animal crackers	Hummus and pitta bread	Fruit juice Ham and cheese sandwich	String cheese Brazilian cheese rolls	Apple sauce Crackers
22 Scrambled eggs and toast	23 Sweet potato pancake Strawberry compote	24 Ham and cheese sandwich	25 Cheddar cheese grits Pork sausage	26 Scrambled eggs and toast
Fruit and vegetables pouch Crackers	Fruit juice Veggie straw	Raisins String cheese	Mixed berries smoothie Corn chips	Veggie straw Apple sauce
29 Banana pancakes	30 Strawberry oatmeal	31 Ham and cheese sandwich		
Fruit pouches String cheese	Mango smoothie Animal crackers	Gogurt Cracker		

- 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