

SFASU Early Childhood Lab Menu 2022-2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>11/1/22</u>	<u>11/2/22</u>	<u>11/3/22</u>	<u>11/4/22</u>
	<u>FRENCH TOAST STICKS</u>	<u>HASH BROWN</u>	<u>PANCAKE</u>	<u>GRAHAM CRACKER</u>
	Chicken Nuggets Ketchup Biscuit Green Peas Applesauce Milk Jello Cup	Spaghetti w/ Meatsauce Romaine Salad w/ Ranch Banana Milk Pretzel WG Goldfish	Chicken Tenders Tortilla Shredded Lettuce Diced Pears Milk Wheat Crackers w/ Sliced Cheese	Turkey & Cheese Slider Ketchup Potato Smiles Orange Wedges Milk Strawberries
<u>11/7/22</u>	<u>11/8/22</u>	<u>11/9/22</u>	<u>11/10/22</u>	<u>11/11/22</u>
<u>CEREAL</u>	<u>YOGURT</u>	<u>MUFFIN</u>	<u>CINNAMON TOAST</u>	<u>ASSORTED FRUIT CUP</u>
Cheese Quesadilla Baked Beans Diced Pears Milk Animal Crackers	Steak Fingers Ketchup WW Sliced Bread Mashed Potato w/ Gravy Diced Peaches Milk WG Cheez-its Crackers	Diced Chicken w/ Alfredo Sauce Spaghetti Pasta Steamed Broccoli Mandarin Oranges Milk Banana	Pizza Green Beans Pineapple Tidbits Milk Sliced Cucumber w/ Ranch	Cheeseburger Fries Lettuce & Pickles Orange Wedges Milk Cheese Crackers on PB
<u>11/14/22</u>	<u>11/15/22</u>	<u>11/16/22</u>	<u>11/17/22</u>	<u>11/18/22</u>
<u>CEREAL</u>	<u>CINNAMON BISCUIT</u>	<u>FRENCH TOAST STICKS</u>	<u>ORANGE WEDGES</u>	<u>PANCAKE</u>
Mini Riblets Sliced Bread Pickles Fries Diced Peaches Milk Ritz Crackers	Chicken Fries Ketchup Mashed Potato w/ Gravy Mandarin Oranges Milk Jello Cup	Beef Soft Taco Shredded Cheese Pinto Beans Banana Milk Pretzel WG Goldfish	Fish Shaped Nuggets Ketchup Mac-n-Cheese Pineapple Tidbits Milk (3 ct) Crackers Cheese on Cheese	Sliced Ham & Cheese Sandwich Baby Carrots w/ Ranch Applesauce Milk Strawberries
<u>11/21/22</u>	<u>11/22/22</u>	<u>11/23/22</u>	<u>11/24/22</u>	<u>11/25/22</u>
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
<u>11/28/22</u>	<u>11/29/22</u>	<u>11/30/22</u>		
<u>CEREAL</u>	<u>GRAHAM CRACKER</u>	<u>WAFFLE</u>		
Diced Chicken Taco Rice Diced Peaches Milk Nilla Vanilla Wafers	Diced Ham & Cheese WW Sliced Bread Sliced Cucumber w/ Ranch Diced Pears Milk Pudding Cup	Pizza Corn Applesauce Milk Banana		

DUE TO SUPPLY ISSUES MENU SUBJECT TO CHANGE

EQUAL OPPORTUNITY PROVIDER

DUE TO SUPPLY ISSUES MENU SUBJECT TO CHANGE