



-OCTOBER 2014-



Discoveries Learning Centers

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 6 Waffles and Applesauce Carrots and Hummus | 7 Grilled Cheese with Watermelon Slices Fresh Fruit with WW Crackers | 8 Rice Cakes with Sunflower Butter Snack Mix with Fresh Fruit | 9 Cheddar Cheese Quesadilla with Apple Wedges Pretzels Sticks with Mango Tidbits | 10 Toast with Hard-Boiled Eggs Apple Wedges and Sunflower Butter |
| 13 Vegetable Pasta With Tomato Sauce Snack Mix | 14 Brown Rice with Scrambled Eggs, Peas and Carrots Celery, Raisins and Cream Cheese | 15 Grilled Cheddar Cheese Sandwiches Carrots and Hummus | 16 Tortilla Chips and Bean Dip Fruit Tidbits and Yogurt | 17 Bagels and Cream Cheese Fresh Fruit and WW Crackers |
| 20 Grilled Cheddar Cheese Sandwiches Fruit and Yogurt Smoothies | 21 Bread Sticks with Marinara Sauce Fresh Fruit and Pretzel Sticks | 22 English Muffin with Cream Cheese Cheese and WW Crackers | 23 Waffles and Applesauce Carrots and Hummus | 24 Rice Cakes with Sunflower Butter Snack Mix with Fresh Fruit |
| 27 Toast with Sunflower Butter Carrots and Hummus | 28 Tortilla Chips with Bean Dip Fruit Tidbits and Yogurt | 29 Cheddar Cheese Quesadillas with Apple Wedges Snack Mix | 30 Brown Rice with Scrambled Eggs, Peas and Carrots Celery, Raisins and Cream Cheese | 31 English Muffin Pizzas Fresh Fruit and Pretzel Sticks |

Water served with all meals * Menu is subject to change based on food availability