

Tyson's Corner Children Center

October 2022

Fairfax Food Service AM/PM Snack Menu

<u>Monday, October 3, 2022</u>	<u>Tuesday, October 4, 2022</u>	<u>Wednesday, October 5, 2022</u>	<u>Thursday, October 6, 2022</u>	<u>Friday, October 7, 2022</u>
AM: Crispy Rice Cereal, 1/2c Milk, 1/2c	AM: Graham Crackers, 2ea Fresh Apple, 1/2ea T&T: Mixed Fruit in Juice	AM: Gluten Free Corn Chex, 1/2c Fresh Orange Wedges, 4ea T&T: Toastios T&T: Fresh Banana	AM: Yogurt, 1ea (veg) Fresh Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl Milk, 1/2c
PM: Monterey Jack Cheese, 1sl Pears in Juice, 1/2c T&T: Townhouse Crackers	PM: Fresh Baby Carrots, 1/2c Townhouse Crackers, 4ea T&T: Mandarin Oranges in Juice	PM: WG Cheese Goldfish, 1pkt Fresh Apple, 1/2ea T&T: Peaches in Juice	PM: Cheddar Cheese Slice, 1ea Townhouse Crackers, 4ea	PM: Mini Pretzels, 1/3c Fresh Red Delicious Apple, 1/2ea T&T: Graham Crackers, 2ea T&T: All Natural Applesauce
<u>Monday, October 10, 2022</u>	<u>Tuesday, October 11, 2022</u>	<u>Wednesday, October 12, 2022</u>	<u>Thursday, October 13, 2022</u>	<u>Friday, October 14, 2022</u>
AM: Gluten Free Rice Chex, 1/2c Milk, 1/2c	AM: Vanilla Yogurt, 1ea (veg) Homemade Granola (nut free), 1oz T&T: Graham Crackers	AM: Gluten Free Cheerios, 1/2c Fresh Banana, 1/2ea	AM: WG Cinnamon Raisin Bread, 1/2sl Fresh Orange Wedges, 4ea T&T: Milk	AM: Fresh Baked Banana Bread, 1sl Fresh Apple, 1/2ea T&T: All Natural Applesauce
PM: Baked Multi Grain Sun Chips, 1/2pkt Mild Salsa, 1oz T&T: Vanilla Yogurt, 1 ea. T&T: Mandarin Oranges in Juice	PM: WG Cinnamon Crispy Bites, 1 pkt Milk, 1/2c	PM: WG White Wheat Bagel, 1/2ea Cream Cheese, 1/2oz	PM: Fresh Baby Carrots, 1/2c Ranch Dip WG Cheese Goldfish, 1pkt T&T: Fresh Banana	PM: Cheddar Cheese Stick, 1ea Townhouse Crackers, 4ea
<u>Monday, October 17, 2022</u>	<u>Tuesday, October 18, 2022</u>	<u>Wednesday, October 19, 2022</u>	<u>Thursday, October 20, 2022</u>	<u>Friday, October 21, 2022</u>
AM: Crispy Rice Cereal, 1/2c Milk, 1/2c	AM: Graham Crackers, 2ea Fresh Apple, 1/2ea T&T: Mixed Fruit in Juice	AM: Gluten Free Corn Chex, 1/2c Fresh Orange Wedges, 4ea T&T: Toastios & Fresh Banana	AM: Yogurt, 1ea (veg) Fresh Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl Fresh Banana, 1/2ea
PM: Monterey Jack Cheese, 1sl Pears in Juice, 1/2c T&T: Townhouse Crackers	PM: Fresh Baby Carrots, 1/2c Townhouse Crackers, 4ea T&T: Mandarin Oranges in Juice	PM: WG Cheese Goldfish, 1pkt Fresh Apple, 1/2ea T&T: Peaches in Juice	PM: Cheddar Cheese Slice, 1ea Townhouse Crackers, 4ea	PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea T&T: Graham Crackers, 2ea / Milk
<u>Monday, October 24, 2022</u>	<u>Tuesday, October 25, 2022</u>	<u>Wednesday, October 26, 2022</u>	<u>Thursday, October 27, 2022</u>	<u>Friday, October 28, 2022</u>
AM: Crispy Rice Cereal, 1/2c Milk, 1/2c	AM: Graham Crackers, 2ea Fresh Apple, 1/2ea T&T: Mixed Fruit in Juice	AM: Gluten Free Corn Chex, 1/2c Fresh Orange Wedges, 4ea T&T: Toastios T&T: Fresh Banana	AM: Yogurt, 1ea (veg) Fresh Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl Milk, 1/2c
PM: Monterey Jack Cheese, 1sl Pears in Juice, 1/2c T&T: Townhouse Crackers	PM: Fresh Baby Carrots, 1/2c Townhouse Crackers, 4ea T&T: Mandarin Oranges in Juice	PM: WG Cheese Goldfish, 1pkt Fresh Apple, 1/2ea T&T: Peaches in Juice	PM: Cheddar Cheese Slice, 1ea Townhouse Crackers, 4ea	PM: Mini Pretzels, 1/3c Fresh Red Delicious Apple, 1/2ea T&T: Graham Crackers, 2ea T&T: All Natural Applesauce
			T&T: Fresh Banana	
<u>Monday, October 31, 2022</u>				
AM: Gluten Free Rice Chex, 1/2c Milk, 1/2c				
PM: Baked Multi Grain Sun Chips, 1/2pkt Mild Salsa, 1oz T&T: Vanilla Yogurt, 1 ea. T&T: Mandarin Oranges in Juice				

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<https://tysonscornerchildrenscenter.nutrislice.com/>