



October 2024

Precious Memories Place



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Healthy Living Tips: <i>With the flu season approaching, there are many steps we can take to help prevent or lessen the discomfort our children go through during the flu and cold season.</i></p>		<p>1) English Muffin Pizza Broccoli Orange Slices Milk</p>	<p>2) Cheese Quesadilla w/ Salsa Cucumber Slices Melon Milk</p>	<p>3) Pasta Salad w/ Turkey Peas & Carrots Pineapple Milk</p>	<p>4) Cinnamon Pancakes Apple Slices w/sunbutter dip Milk</p>	<p><i>For more information go to www.healthy.net</i></p>
<p>A wholesome diet high in fresh fruits and vegetables, whole grains, with enough protein foods like dried beans, legumes, lean meats, fish and fowl, and low in</p>	<p>7) Mac & Cheese Peas Applesauce Milk</p>	<p>8) Ground Turkey Tacos Lettuce, Tomato & Cheese, Chips Melon & Milk</p>	<p>9) Chicken & Pasta Broccoli Apple Slices Milk</p>	<p>10) Grilled Cheese on Whole Wheat Green Beans Melon Milk</p>	<p>11) Sunbutter & Jelly On Whole Wheat Cucumber Slices Orange Slices Milk</p>	
<p>a lot of sugar and fat depresses your child's immunity and opens him up to more illness. As with adults, staying well means regular exercise. Fortunately</p>	<p>14) Pasta with Turkey Meatballs Green Beans Peach slices Milk</p>	<p>15) Cinnamon Pancakes Apple Slices Sunbutter Dip Milk</p>	<p>16) Turkey Hot Dogs Baked Beans Melon Milk</p>	<p>17) Chicken Nuggets Carrots Orange Slices Milk</p>	<p>18) Cheese Quesadilla w/ Salsa Cucumber Slices Pineapple Milk</p>	
<p>air and vitamin D rich sunshine help provide a needed source of energy to our children .</p>	<p>21) Pasta with Alfredo Sauce Broccoli Applesauce Milk</p>	<p>22) Fish Sticks Sweet Potato Fries Orange Slices Milk</p>	<p>23) Grilled Cheese on Whole Wheat Green Beans Pineapple Milk</p>	<p>24) Sunbutter & Jelly on Whole Wheat Cucumber Slices Apple Slices Milk</p>	<p>25) Chicken & Pasta Peas Melon Milk</p>	
<p>A reminder to all parents that we do provide the B.R.A.T. diet here at the center for your child who is on the mend from the flu or cold</p>	<p>28) American Chop Suey w/ Ground Turkey Peas Peach Slices & Milk</p>	<p>29) Cheese Quesadilla w/ Salsa Green Beans Melon Milk</p>	<p>30) Pasta Salad Turkey, Peas and Carrots Orange Slices Milk</p>	<p>31) Turkey Sandwich on Whole Wheat Broccoli Pears Milk</p>	<p>Please be advised that food prepared here may contain these ingredients:</p>	

Breakfast: Cheerios, Toast with Sunbutter and Jelly, Milk

Snacks: Goldfish, Veggie Sticks, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Graham Crackers, Craisins, Gerber Fruit Puffs, Hummus and Cucumber; Cheese and Crackers; Bananas; Applesauce; Go-Gurts; Apples and Sunbutter; Raisins;