

Tilbury Tots Early Learning Centre

October 2024

Mon	Tue	Wed	Thu	Fri
	01 Yogurt & Granola Parfait Water Ham Scalloped Potato Casserole & Veggies & Fruit Water/Milk Jam Sandwiches & Fruit Water	02 Cereal & Milk Water Chicken Noodles Soup & Cheese Sandwich & Fruit Water Digestive Biscuits & Chocolate Hummus Water	03 Banana Bread & Fruit Water Seasoned Pork Loin & Fried Rice & Fruit Water/Milk Pumpkin Muffins & Fruit Water	04 Raisin Toast W/Butter & Fruit Water Italian Meatball Soup & Garlic Bun & Fruit Water/Milk Arrowroot Cookies & Fruit Water
07 Applesauce & Graham Crackers Water Stuffed Pepper Casserole & Garlic Bread Sticks & Fruit Water/Milk Arrowroot Cookies & Fruit Water	08 Yogurt & Fruit Water Macaroni & Cheese W/Ham & Veggies & Fruit Water/Milk Apple Slices & Pumpkin Dip Water	09 Cereal & Milk Water Chicken, Vegetable & Rice Soup W/Buttered Bun & Fruit Water Vegetable Crackers & Veggie Sticks Water	10 Apple Oatmeal Muffins & Fruit Water Pizza Quesadillas & Pizza Sauce & Veggies & Fruit Water/Milk Bean Brownies & Fruit Water	11 Toast W/Butter & Fruit Water Meatloaf & Mashed Potatoes & Veggies & Fruit Water/Milk Cheese & Saltine Crackers Water
14 Applesauce & Graham Crackers Water Sloppy Joes W/Bun & Veggies & Fruit Water/Milk Vegetable Crackers & Veggie Sticks Water	15 Yogurt & Fruit Water Ham & Mashed Sweet Potatoes & Veggies & Fruit Water/Milk Cheese Sandwiches Water	16 Cereal & Milk Water Chicken Broccoli Alfredo Pasta & Veggies & Fruit Water Arrowroot Cookies & Apple Dip Water	17 Carrot Muffins & Fruit Water Mushroom Pork & Diced Potatoes & Veggies & Fruit Water/Milk Rice Krispie Squares & Fruit Water	18 Bagels W/Butter & Fruit Water Beef Vegetable Noodle Soup & Buttered Bread & Fruit Water/Milk Goldfish & Fruit Water
21 Applesauce & Graham Crackers Water Beef Stroganoff & Veggies & Fruit Water/Milk Cheese & Saltine Crackers Water	22 Yogurt & Fruit Water Potato, Vegetable & Ham Soup W/Buttered Bun & Fruit Water/Milk Naan Bread & Taco Hummus Water	23 Cereal & Milk Water Pancakes & Sausages W/Blueberry Sauce & Veggies Water/Milk Digestive Cookies & Fruit Water	24 Oatmeal Loaf & Fruit Water Chicken Wild Rice Casserole W/Buttered Bread & Fruit Water/Milk Chocolate Zucchini Loaf & Fruit Water	25 English Muffins W/Butter & Fruit Water Tomato Mac Soup & Grilled Cheese & Fruit Water/Milk Arrowroot Cookies & Fruit Water
28 Applesauce & Graham Crackers Water Spaghetti & Meat Sauce & Veggies & Fruit Water/Milk Vegetable Crackers & Fruit Water	29 Yogurt & Granola Parfait Water Ham Scalloped Potato Casserole & Veggies & Fruit Water/Milk Jam Sandwiches & Fruit Water	30 Cereal & Milk Water Chicken Noodles Soup & Cheese Sandwich & Fruit Water Digestive Biscuits & Chocolate Hummus Water	31 Banana Bread & Fruit Water Seasoned Pork Loin & Fried Rice & Fruit Water/Milk Pumpkin Muffins & Fruit Water	