

Temple Beth El Child Development Center

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Wheat Bread & Sunbutter Sliced Oranges & Cheez-It Crackers	2 Carrot Sticks w/ranch & Ritz Crackers Graham Crackers & Milk	3 Raisin Bread & Orange Juice Fruit Cocktail & Goldfish Crackers	4 Cheerios & Raisins Green Beans & Saltine Crackers	5 Cooking Day *See lesson plan Mix & Match 2 food groups From the Week	6
7	8 Special K Berries Cereal & Milk Celery Sticks w/cream cheese & Goldfish Crackers	9 Sliced Peaches & Vanilla Yogurt Sliced Turkey & Hawaiian Rolls	10 Nutri-Grain Bars & Pineapple Juice Cheez-It Crackers & Raisins	11 Cooking Day *See lesson plan Sliced Oranges & Ritz Crackers	12 Graham Crackers & Sunbutter Mix & Match 2 food groups From the Week	13
14	15 Animal Crackers & Applesauce Triscuit Crackers & String Cheese	16 Carrot Sticks w/ranch & Ritz Crackers Pineapple Tidbits & Cheez-It Crackers	17 Saltine Crackers & Sliced Cheddar Cheese Goldfish Crackers & Apple juice	18 Sliced Turkey & Tortilla Nutri-Grain Bar & Milk	19 Club Crackers & Mandarin Oranges Mix & Match 2 food groups From the Week	20
21	22 Special K Berries Cereal & Milk Sliced Turkey & Hawaiian Rolls	23 Mandarin Oranges & Ritz Crackers Celery Sticks w/cream cheese & Goldfish Crackers	24 Triscuit Crackers & String Cheese Graham Crackers & Sunbutter	25 Cooking Day *See lesson plan Nutri-Grain Bar & Vanilla Yogurt	26 Raisin Bread & Orange Juice Mix & Match 2 food groups From the Week	27
28	29 Animal Crackers & Applesauce Ritz Crackers & Cheddar Cheese Cubes	30 Raisin Bread & Orange Juice Carrot Sticks w/ranch & Saltine Crackers	31	Picture Days 2675 Central Ave, Riverside, Ca 92506 (951) 682-7282 / (951) 682-9459 Fax Extra p.m. snack mix & water will be provided to preschoolers each afternoon 4:15-5:00 as a center. Juice is 100% fruit / Milk is 1% preschool / Whole Milk Toddlers		

Dress-up days