



ROCKING HORSE ACADEMY MENU



October 20th - October 24th

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cereal Fruit Milk	Pigs'n a Blanket Pears Milk	Toast w/ Jelly Banana Milk	Bean & Cheese Taco Milk	Waffles Applesauce Milk
LUNCH	Spaghetti w/ Meat Sauce +2 Fresh Spinach Salad w/Ranch -2 Cucumber Peaches Milk	Oven Baked Chicken Mac-n-Cheese Green Beans Orange Slices Milk	Cheese Enchiladas Spanish Rice Pinto Beans Diced Mango Milk	Fish Sticks Cucumber & Tomato Salad Fruit Cocktail Milk	Beanie Weenies Crackers Roasted Broccoli & Cauliflower Pears Milk
PRE-K PM SNACK	Corndog Bites Water	Applesauce Bread Fruit Water	Wheat Thins Carrots w/Ranch Water	Cheez-its Pepperoni Slices Water	+2 Sugar Snap Peas w/ Ranch -2 Carrots Cheese Stick Water
CORRAL KIDS PM SNACK	Corndog Water	Applesauce Bread Fruit Water	Wheat Thins Carrots w/Ranch Water	Cheez-its Pepperoni Slices Water	Sugar Snap Peas w/ Ranch Cheese Stick Water

October 27th - October 31st

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cheerios Yogurt Milk	Spiced Oatmeal Baked Apples Milk	Sausage Biscuit Milk	French Toast Fruit Milk	Chef's Choice Milk
LUNCH	Cheese Quesadillas Black Bean & Corn Salad Fruit Cocktail Milk	Chicken & Rice Orange Glazed Carrots Pears Milk	Steak Fingers Mashed Potatoes w/ Gravy Oranges Milk	Chicken Alfredo Roasted Broccoli Strawberries Milk	Chef's Choice Milk
PRE-K PM SNACK	+2 Graham Crackers -2 Animal Crackers Orange Slices Water	Hummus Veggie Sticks Water	Pretzels Bananas Water	Bread Sticks Marinara Sauce Cheese Cubes Water	Chef's Choice Water
CORRAL KIDS PM SNACK	Graham Crackers Orange Slices Water	Hummus Veggie Sticks Water	Pretzels Bananas Water	Bread Sticks Marinara Sauce Cheese Cubes Water	Chef's Choice Water