

Torrence All-Day PreK



October 2020



Why is it not wise to tell secrets in a cornfield?

There are too many ears!

October 11th- National Sausage Pizza Day

October 17th- National Pasta Day

October 19th & 26th- Parent/Teacher Conferences

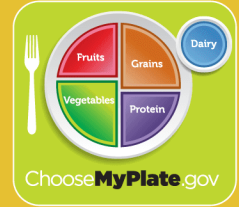
October 31st- Happy Halloween!!

What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pulled Pork/ Bun Sw Potato Fries Green Beans Applesauce Milk 1	Hot Ham & Cheese/Bun Cherry Tomatoes Vegetarian Beans Apple Milk 2
	Pancakes Sausage Tater Tots Vegetable Juice Orange Milk 6	Turkey on Bun Cucumber Cherry Tomatoes Applesauce Cup Milk 7	Chicken Strip Wrap Romaine Cheese Black Beans Pear Milk 8	PBJ Sandwich String Cheese Broccoli Carrots Raisins Cookie Milk 9
	Turkey & Gravy Mashed Potatoes Baked Beans Mixed Fruit 1 Sl WG Bread Milk 13	Pancakes Egg Vegetable Juice Bell Pepper Strips Orange Milk 14	Chicken Nuggets Sw. Potato Crosstrax Broccoli Peaches Cookie Milk 15	Yogurt String Cheese Bagel Celery Cauliflower Apple Milk 16
	BBQ Rib/Bun French Fries Cooked Carrots Diced Pears Milk 20	PBJ Sandwich String Cheese Vegetable Juice Celery Mixed Fruit Cookie Milk 21	Pizza Romaine/Ranch Cherry Tomatoes Applesauce Milk 22	Turkey/Bun Vegetarian Beans Carrotinis Peach Cup Milk 23
	Pork Fritter/Bun French Fries Peas Peaches Milk 27	Hummus Cup Sun Chips Cheese Cubes Apple Celery Cookie Milk 28	Meatball Sub/Bun Sw. Potato Fries Romaine/French Applesauce Milk 29	Hot Ham & Cheese/Bun Vegetable Juice Cherry Tomatoes Pear Milk 30



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

