

For those parents who have children with allergies or food restrictions, please complete the following information

Name of your child: _____ / Class: _____

How many meals you'd like for your child to eat at Bambini? _____ Which are those meals? _____

Please circle or cross the foods you'd like us to hold off from offering your baby until further notice. Remember that all allergens (fish, eggs, lentils, soy, pineapple, berries, wheat, milk and hummus, due to sesame seeds) will need to be tried at least three times at home and we'll need approval from you, before we can offer them to your baby at our center. Thanks for your attention and for helping us to keep your child healthy and safe!

October

2021



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
04 Cereal Banana Milk ^{1*}	05 Hard Boiled Eggs ² Pancake ¹²³⁶ Pineapple Milk ^{1*}	06 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Melon Milk ^{1*}	07 Oatmeal ¹ Orange Milk ^{1*}	08 Cereal Pera Milk ^{1*}
11 CLOSED	12 Cereal Orange Milk ^{1*}	13 Turkey Sausage Patty Whole grain waffle ¹²³⁶ Pineapple Milk ^{1*}	14 Yogurt ¹ Banana Milk ^{1*}	15 Oatmeal ¹ Melon Milk ^{1*}
18 Cereal Melon Milk ^{1*}	19 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk ^{1*}	20 Whole Wheat Pita Bread ³⁶ Low-fat Cream Cheese ¹ Orange Milk ^{1*}	21 Oatmeal ¹ Banana Milk ^{1*}	22 Cereal Pear Milk ^{1*}
25 Cereal Banana Milk ^{1*}	26 Turkey Sausage Patty Pancake ¹²³⁶ Orange Milk ^{1*}	27 Yogurt ¹ Apple Milk ^{1*}	28 Oatmeal ¹ Pineapple Milk ^{1*}	29 Cereal Melon Milk ^{1*}

Notes: This menu is subject to change

Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider



Breakfast

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Monday	Tuesday	Wednesday	Thursday	Friday
04 Garbanzo Fried Rice w/ peas & carrots ⁵ Cucumber Salad Brown Rice Apple Milk* ¹	05 Chicken and Vegetables Lo Mein ³ Green Salad Orange Milk* ¹	06 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Pear Milk* ¹	07 Chicken Stir Fry Zucchini and Carrots Quinoa/ Barley ³ Melon Milk* ¹	08 Beef Bolognesa w/ Diced Tomatoes Whole Wheat Pasta ³ Banana Milk* ¹
11 CLOSED	12 Black Beans ⁵ Brown rice Green Salad Apple Leche * ¹	13 Chicken Legs Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	14 Beef Fried Rice w/ peas & carrots Cucumber Salad Brown Rice Orange Milk* ¹	15 Chicken Paella w/ Green Beans Brown Rice Melon Milk* ¹
18 Lentils w/ spinach and carrots ⁷ Brown Rice Apple Milk* ¹	19 Open-Faced Hamburger Beef Patty, Tomato, Lettuce and Cheese ¹ Whole Wheat Bun ³⁶ Orange Milk* ¹	20 Egg Frittata with Broccoli and Carrots ¹² Green Salad Whole Wheat Roll ³⁶ Melon Milk* ¹	21 International Day 	22 Chicken Pesto Pasta w/ tomatoes, cheese & spinach ¹³ Green Salad Pineapple Milk* ¹
25 Garbanzo Fried Rice ⁵ Peas and Carrots Brown Rice Apple Milk* ¹	26 Baked Penne Pasta ¹³ Beef, Cheese w/ Diced Tomatoes Green Salad Whole Wheat Pasta ³ Melon Milk* ¹	27 Bean Tacos ⁵ Lettuce and Cheese ¹ Whole Wheat Tortilla ³⁶ Pear Milk* ¹	28 Chicken Legs Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	29 Peas Tuna Casserole ¹³⁴ Green Salad Orange Milk* ¹

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Green: Local Products

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2-5 yrs-old (Unflavored 1% Milk)



Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
04	05	06	07	08
Pita Bread ³ Cream Cheese ¹	Rice Pudding ¹ (no added sugar) Strawberries	Cheese ¹ Pineapple	Mixed Fruits Pear/ Banana	Yogurt ¹ Raspberries
11	12	13	14	15
CLOSED	Mixed Fruits Blueberries / Pineapple	Yogurt ¹ Kiwi	Cheese ¹ Pear	Mixed Fruits Blackberries/ Strawberries
18	19	20	21	22
Mixed Fruits Orange/Banana	Pita Bread ³ Cream Cheese ¹	Rice Pudding ¹ (no added sugar) Blueberries	Mixed Fruits Blackberries/Apple	Yogurt ¹ Kiwi
25	26	27	28	29
Pita Bread ³ Cream Cheese ¹	Cheese ¹ Pear	Yogurt ¹ Strawberries	Rice Pudding ¹ (no added sugar) Blueberries	Mixed Fruits Strawberries/Pineapple

Notes: This menu is subject to change

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy



Snack