

Small Blessings Child Care Center
2815 Woodbridge Ave. Edison, NJ 08817
(732) 452-9798

Lunch Menu

October 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1% or Regular unflavored 6 Oz. Milk will be served. Kids under two and half will be served regular milk		1) <u>Chicken Barbeque</u> Rice ½ c Peas & Carrots ½ c Fruit 4 oz Peaches VE: Veg-Slider W/Cheese	2) Turkey Meatloaf (4 oz) w/Gravy Brown Rice ½ c Broccoli ½ c -Melon ¼ c VE: Veg-Burger	3) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Apple DF: Turkey Sandwich
6) <u>Meatless Mondays</u> - Baked Ziti ½ c, Green Beans ½ c, Chilled Fruit or Banana ¼ c	7) Chicken Stir fry W/Italian Blend Yellow Rice ½ c Fruit 4 oz Sliced. Pears W/Grated Parm	8) Spaghetti W/Turkey Sauce 4oz, Wheat Bread 1ea. Green Beans ½ c Fruit 4 oz Fruit Cocktail VE: Without Meat	9) Chicken Nuggets 4ea Silver Dollar Fries ½ c Corn ½ c, Wheat Bread 1ea. Fruit 4oz Pineapple VE: Veg-Nuggets Sub	10) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Apple DF: Turkey Sandwich
13) <u>Meatless Mondays</u> Chess Stuffed Ravioli 1/2 c/Marinara Sauce Cucumber Slices ½ c Green Bean 1/2c, Apple DF: Turkey Sandwich	14) Fish Sticks (4ea) Mashed Potatoes ½ c, Wheat Bread 1 ea. Mixed Vegetables ½ c Chilled Fruit or Orange (4 oz.)	15) Baked Macaroni and Cheeses ½ c Steamed Carrots ½ c Fruit Banana 4 oz	16) Turkey Meatloaf (4 oz) w/Gravy Brown Rice ½ c Broccoli ½ c -Melon ¼ c VE: Veg-Burger	17) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Pineapple DF: Turkey Sandwich
20) <u>Meatless Mondays</u> Baked Macaroni and Cheeses ½ c Steamed Carrots ½ c Fruit Banana 4 oz	21) Turkey and Cheese on Wheat Bread 1ea. Veggie Beans ½ c, Sweet Potato ½ c, Fruit Cocktail ¼ c VE: Cheese on Wheat	22) <u>Chicken Barbeque</u> Rice ½ c Peas & Carrots ½ c Fruit 4oz Peaches VE: Veg-Slider W/Cheese	23) Spaghetti W/Turkey Sauce 4oz, Wheat Bread 1ea. Green Beans ½ c Fruit 4oz Apple VE: Without Meat	24) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Apple DF: Turkey Sandwich
27) <u>Meatless Mondays</u> Noodles W/Broccoli Flowerets, Alfredo Cheese Sauce, ½ c, Fruit Cup ¼ c DF: Turkey Sandwich	28) Chicken Nuggets 4ea Silver Dollar Fries ½ c Corn ½ c Fruit 4oz Pineapple VE: Veg-Nuggets Sub	29) Baked Macaroni and Cheeses ½ c Steamed Carrots ½ c Fruit Banana 4 oz	30) Chicken Stir fry W/Italian Blend Yellow Rice ½ c Fruit 4oz Sliced. Pears W/Grated Parm	31) Cheese Pizza 1 Slice Garden Salad ½ c with Tomatoes & Cucumbers Fruit 4 oz Pineapple DF: Turkey Sandwich

Healthy Bytes LLC 855 Hamilton St. Somerset, NJ 08873

Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk

of foodborne illness, especially if you have certain medical conditions.

This institution is an equal opportunity provider. NOTE: Menu items may

change based on purveyor product availability. [We participate with the New Jersey Child and Adult Care Food Program, Providing completely FREE breakfast, lunch and snacks.](#)