



October 2024

Bergen Center for Child Development - Haworth

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <ul style="list-style-type: none"> <li>All Natural Beef Hot Dog on a Bun</li> <li>Battered French Fries</li> <li>Vegetarian Baked Beans</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Creamy Mac and Cheese</li> <li>Sauteed Green Beans</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Sausage, Egg, &amp; Cheese Pancake Sandwich</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>4</b>  <ul style="list-style-type: none"> <li>Freshly Prepared Garden Salad</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>
<b>7</b>  <ul style="list-style-type: none"> <li>Pasta with Marinara Sauce</li> <li>Garlic Bread</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Muffin Bag Meal</li> </ul>	<b>8</b>  <ul style="list-style-type: none"> <li>Egg, Sausage and Cheese on a Biscuit</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Cheeseburger on a Bun</li> <li>Battered French Fries</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>	<b>10</b>  Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>11</b>  <ul style="list-style-type: none"> <li>Cucumber Coins</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>
<b>14</b>  Swap Outs <ul style="list-style-type: none"> <li>Muffin Bag Meal</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>Seasoned Chicken and Cheese Quesadilla</li> <li>Black Beans</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Cheeseburger on a Bun</li> <li>Freshly Prepared Garden Salad</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>	<b>17</b>  <ul style="list-style-type: none"> <li>Sausage, Egg, &amp; Cheese Pancake Sandwich</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>18</b>  <ul style="list-style-type: none"> <li>Freshly Prepared Garden Salad</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>
<b>21</b> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Muffin Bag Meal</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Battered French Fries</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Creamy Mac and Cheese</li> <li>Steamed Broccoli</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Seasoned Beef Scoop-A-Bowl with Cheddar Cheese, Lettuce, Diced Tomatoes, Salsa, Tortilla Chips</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>25</b>  <ul style="list-style-type: none"> <li>Freshly Prepared Spring Mix Salad</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>
<b>28</b> <ul style="list-style-type: none"> <li>Chicken Tenders with Waffles</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Muffin Bag Meal</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>All Natural Beef Hot Dog on a Bun</li> <li>Battered French Fries</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Meatball Parm Sub</li> <li>Battered French Fries</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Turkey and Cheese Sandwich</li> </ul>	<b>31</b>  <ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>Battered French Fries</li> <li>Whole Wheat Dinner Roll</li> </ul> Swap Outs <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	

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\*Menu is Subject to Change



**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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*healthy kids!*

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