

## 2023 September

Monday

Tuesday

Wednesday

Thursday

Friday

Milk is served with breakfast and lunch; water is also available to the children throughout the day.

Infants- 24 months will be served whole milk. Children 2 years and up will be served 1%

\*Appropriate substitutions will be made for the Toddler and Twos We are a Nut- Free environment! All fresh fruits are seasonal

Menu is subject to change based on items availability



Breakfast

Bagels Cream Cheese (Cheerios) Diced Pears,

Lunch

Grilled Turkey/Cheese Sandwich, Salad, Oranges, Milk

Snack

Muffins, Bananas, Milk

Breakfast Cheerios, Peaches, Milk

Cheese Pizza, Salad, Apples, Milk

Snack Saltines, Cheese Slice, Pineapple, Juice

Breakfast Waffles, Applesauce, Milk

Cheese Hamburger (Chicken Salad) French Fries, Pears, Milk

Tortilla Chips, Cheese Sauce/Salsa (Saltines)Milk

Breakfast Pancakes, Mandarins, Milk

Lunch Spaghetti with Meat Sauce, Peas, Bread/Butter, Peaches, Milk

Snack Trail Mix (Graham Crackers) Applesauce, Milk

Breakfast Bagels Cream Cheese

(Cheerios) Pineapples, Milk

Beef Stew, Rice with Mixed Vegetables, Oranges (Mandarin) Bread/Butter, Milk

Snack Bananas, Animal Crackers, Milk

Breakfast Croissant, Orange Juice, Milk

Lunch

Chicken Nuggets, Green Beans, Peaches, Bread/Butter, Milk

Snack Yogurt, Tropical Fruit, Crackers, Apple Juice

11 Breakfast Waffles, Peaches, Milk

Lunch Fish Sticks, Macaroni and Cheese. Peas/Carrot, Pineapples, Bread/Butter, Milk

Snack Muffins, Milk Breakfast

Snack

Cheerios, Peaches, Milk

Chicken and Rice, Coleslaw, bread/Butter, Milk

Snack Trail Mix (Goldfish Crackers) Apple Juice

12 Breakfast Muffins, Fruit Cocktail, Milk

> Lunch Cheese Pizza (Chicken with Pasta), Salad, Apples, Milk

Snack Crackers, Cheese Slices, Apple Slices, Milk

Breakfast Pancakes, Applesauce, Milk

13

20

Lunch Meatballs, Gravy Mashed Potatoes, Corn, Bread/Butter, Diced Pears, Milk

Snack Graham Crackers, Bananas, Milk

Breakfast French Toast Sticks, Applesauce, Milk

15

Lunch Chicken Nuggets, Green Beans, Mandarin,

Bread/Butter, Milk

Yogurt, Tropical Fruit (Mandarin), Graham Crackers, Milk

18 Breakfast Cheerios, Peaches, Milk

Lunch Cheese Hamburger (Chicken Salad) French Fries, Tropical Fruit (Apple sauce) Milk

Snack Ritz Crackers, Cheese Slice, Yogurt, Apples, Milk

Breakfast

Waffles, Applesauce, Milk

Lunch Rice/Beans, Coleslaw, Fruit Cocktail (Diced Pears) Bread/Butter, Milk

Snack Trail Mix (Goldfish Crackers) Bananas, Milk

Breakfast

19

Croissants, Orange Juice, Milk

Lunch Chicken Alfredo, Peas/Carrots, Apples, (Mandarin) Bread/Butter, Milk

Snack Graham Crackers, Fruit Cocktail, Milk

Breakfast French Toast Sticks, Applesauce, Milk

Fish Sticks, Broccoli (Chopped) Seasonal Fruit (Applesauce) Bread/Butter, Milk

21

28

Snack Yogurt, Tropical Fruit (Mandarins) Animal Crackers, Milk

Breakfast 22 Bagels Cream Cheese (Cheerios) Bananas, Milk

Grilled Chicken Sandwich, Salad, Oranges (Mandarins) Milk

Snack Tortilla Chips, Cheese Sauce/Salsa, Saltines, Milk

Breakfast Cheerios, Peaches, Milk

Lunch Spaghetti with Meat Sauce,

Peas and Carrots, Bread/Butter, Mandarins Milk Snack

Goldfish Crackers, Apples (Applesauce) Milk

Breakfast

Pancakes, Applesauce, Milk

Lunch Chicken Nuggets, Broccoli (Chopped) Bread/Butter, Diced Pears Milk

Snack Vanilla Yogurt, Tropical Fruit, Breakfast Croissant, Orange Juice, Milk

Tacos, Coleslaw, Pineapple Milk

Snack Saltines, Cheese Slices, Apple Juice

Breakfast French Toast Sticks, Applesauce, Milk

Lunch Chicken Alfredo, Coleslaw, Bread/Butter, Seasonal Fruit,

Snack Bananas, Graham Crackers, Breakfast

29 Bagels Cream Cheese (Cheerios) Diced Pears, Milk

Lunch

Grilled Turkey/Cheese Sandwich, Salad, Oranges, Milk

Snack Muffins, Bananas, Milk

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