

September Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

September 3-7

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed for Labor Day	Muffins (whole grain) Applesauce Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch		Chicken Nuggets (child nutrition approved) Cantaloupe Baked Beans (canned) Skim milk	Sloppy Joes on whole wheat buns Watermelon Peas (frozen) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack		Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Saltines Cottage Cheese Water

September 10-14

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Whole Wheat English Muffins w/jam Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Cantaloupe Skim Milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Cauliflower w/ranch Skim Milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Cheesy Chicken Pasta Peas (frozen) Fresh Fruit Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail cups Skim milk
Snack	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Cheesy Crackers Skim Milk

September 17-21

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Omelets Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Fish Sticks (child nutrition approved) Pears (canned) Mixed Veggies (frozen) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Ham and Cheese Pizza Fresh Salad Skim Milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Sun Butter Dip Apples Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Oyster Crackers 100% Fruit Juice	Graham Crackers 100% Fruit Juice

September 24-28

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Sun butter & Jelly Whole Grain Sandwich (peanut free, made with sunflower seeds) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Hamburger Gravy over mashed potatoes Diced Beets (canned) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Fruit Cocktail Cups Skim milk
Snack	Animal Crackers 100% Fruit Juice	String Cheese Ritz Crackers Water	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins 100% Fruit Juice

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