

September MENU 2023

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

September 4-8

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed For labor day	Bagels w/cream cheese Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch		Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) Whole wheat Rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Lettuce w/Ranch Extra marinara sauce for dipping, Skim Milk	Haystacks (brown rice with chicken, sheese, & gravy broccoli (frozen) Pineapple Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked beans (canned) Blueberries (fresh) Skim milk
Snack		Cottage Cheese and saltine crackers water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG), Milk	Pretzels 100% fruit juice

September 11-15

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Biscuits and Gravy fresh fruit skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Brunch Day Cheese omelets , tater tots Strawberries , whole wheat toast, skim milk	Spaghetti (whole grain noodles w/lean ground turkey and tomato sauce) Green Beans (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh lettuce w/ranch Extra marinara sauce for dipping, Skim Milk	Sweet and Sour Chicken Rice (wheat) Pineapple (canned) Broccoli(Frozen) Skim Milk	Turkey Wraps (turkey whole wheat tortilla cheese) Carrots Cantaloupe Skim milk
Snack	Apples and Cheese, Water	Popcorn 100% Juice	Pretzels 100% Juice	grahams crackers Milk	Pita bread (whole grain) w/hummas, water

September 18-22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Oatmeal Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Boiled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Sloppy Joes (lean gr. Beef) on whole wheat buns Baked Beans Diced Pears (canned) Skim Milk	Tacos (ground turkey, cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Carrots w/dips Extra maranara sauce for dipping, Skim Milk	Chicken Alfredo (chicken, whole grain noodles and alfredo sauce) Peas(frozen) Diced Peaches(canned) Skim Milk	Hamburgers Beef Patties, (wheat bun) French Fries Watermelon Skim Milk
Snack	Triscuits 100% juice	Animal Crackers Skim Milk	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and Water	Yogurt & Whole Grain Cereal Pieces, Water	Goldfish Crackers (WG) 100% Fruit Juice

September 25-29

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagels w/Cream Cheese Fresch Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	French Toast Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Lasagna noodles (made w/lean ground turkey, cheese, and tomato sauce over whole wheat grain noodle) Fresh salad Skim Milk	Bean & Cheese burritoos (whole grain tortillas) Corn Baby carrots w/dip Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Green Beans Extra marinara sauce for dipping, Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Fresh Watermelon Skim Milk	Corn Dogs, w/breading, Corn, Apple sauce, Skim Milk
Snack	Pretzels 100% fruit juice	Whole wheat Bread w/ cinn sugar Skim Milk	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	Cheese sticks & Ritz Crackers water

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