

# REVISED - 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.*

## August 31 - September 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat Rolls Pickled Beets (canned) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Ground Turkey & Cheese burrito (whole grain tortilla) Corn (frozen) Fruit Cocktail (canned) Skim milk	Turkey Dogs on a whole wheat bun Pickles Watermelon Skim milk
<b>Snack</b>	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Oyster Crackers 100% Fruit Juice	Goldfish crackers Milk

## September 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Happy Labor Day!	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat Toast Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>		Tuna & Cheese Sandwich on whole wheat bread Baby carrots w/dip Applesauce Skim milk	Teryaki Ground beef over rice California Mixed Veggies (frozen) Pineapple(canned) Skim milk	Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips Cucumbers w/dip Skim Milk	Sloppy Joes on whole wheat buns Fresh Celery sticks w/dip Cantaloupe Skim Milk
<b>Snack</b>		Yogurt & Whole grain Cereal Pieces Water	Graham Crackers Milk	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

## September 14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked Beans (canned) Peaches (canned) Skim milk	HOT Personal Pizza (diced ham, cheese & sauce on whole grain english muffin) Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Brunch Day: Cheese Omelets Tator Tots Oranges Toast Skim milk	Hamburgers on a a whole wheat bun Pickles Watermelon Skim milk
<b>Snack</b>	Elf Grahams 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk	Chex Mix (whole grain chex cereal pretzels) 100% Fruit Juice	Wheat Thins 100% Fruit Juice	Apples & Sun butter Water

## September 21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Toast Fresh Fruit Skim Milk	Whole wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit Cocktail (canned in juice) Fresh Baby Carrots w/dip Skim milk	Tacos ( <i>ground turkey</i> , cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Applesauce Fresh Cauliflower w/dip Skim Milk	Hamburger Gravy over mashed potatoes 5 blend Mixed Veggies (corn, carrot, peas, green beans & lima beans -frozen) Whole Wheat Rolls Skim milk	Spaghetti w/lean ground turkey and tomato sauce Fresh Salad Skim milk
<b>Snack</b>	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Goldfish crackers Milk	Oyster Crackers 100% fruit juice

September 28 - October 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dogs Baked Beans (canned) Peaches (canned) Skim milk	Shepherd's Pie (Ground Beef, green beans, mashed potatoes & cheese) Whole wheat rolls Skim milk	Spanish Rice w/lean ground turkey and tomato sauce Salad Skim milk	Bean & Cheese burrito (whole grain tortilla) Pears (canned in juice) Baby Carrots w/dip Skim milk	Ham & Cheese Sandwich on whole wheat bread Cucumber Spears w/dip Fresh Fruit Skim milk
<b>Snack</b>	Yogurt & Whole grain Cereal Pieces Water	Graham Crackers Milk	Pita bread w/dip 100% Fruit Juice	Animal Crackers 100% Fruit Juice	Saltines Cottage Cheese Water