

SEPTEMBER MENU 2021

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 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Closed for Labor Day	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch		Ham & Cheese Sandwich on whole wheat bread Baby carrots w/dip Apples Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk	Chicken Alfredo (chicken, noodles and alfredo sauce) Peas (canned) Peaches (canned in juice) Skim milk	Turkey Dogs on a Whole Wheat Bun Fresh Watermelon Pickles Skim milk
Snack		Yogurt & Whole grain Cereal Pieces Water	Animal Crackers 100% Fruit Juice	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

September 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Wheat Bagel w/ Cream Cheese Fresh Fruit Skim Milk	Whole Wheat Toast w/ Jam Fresh Fruit Milk	Muffins (whole grain) Fruit Fresh skim Milk	Hard Boiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Chicken Patties (child nutrition approved, whole grain breading) Mixed Veggies - Cali blend (frozen) Mashed Potatoes w/gravy Skim milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn tortilla chips) Ranch Style beans (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Corn (canned) Skim Milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Corn (canned) Green beans (canned) Skim Milk	Sloppy Joes on whole wheat buns Fresh cauliflower w/dip Fresh Cantaloupe Skim Milk
Snack	Townhouse Crackers 100% Fruit Juice	Apples & Cheese Slice 100% Water	Whole wheat bread w/cinnamon butter Milk	Popcorn 100% Fruit Juice	Teddy Grahams 100% Fruit Juice

September 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Bagel Fresh Fruit Skim Milk	Whole Wheat Toast with Honey Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dog (Child Nutrition approved) Baby Carrots w/dip Baked beans (canned) Skim milk	Teriyaki beef over rice Broccoli (canned) Pineapple(canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Skim Milk	Shepherds Pie (mashed potatoes, ground turkey, green beans and cheese) Rolls Skim milk	Bean & Cheese burritos (whole grain tortillas) Corn Diced Pears (canned) Skim milk
Snack	Oyster Crackers 100 % Fruit juice	Whole grain tortilla Chips & salsa (for Pre-K on up) or grated cheese (toddler - 3's) Water	Goldfish crackers Skim Milk	Pretzels 100% Fruit Juice	String Cheese Ritz Water

September 27-October 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Wheat Bagel w/cream cheese Fresh Fruits Skim Milk	Whole Wheat Toast w/ Jam Fresh Fruit Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Omelets Tator Tots Mandarin Oranges (canned) Whole wheat toast Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peaches (canned) Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit Cocktail (canned) Fresh Cauliflower w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Pita bread w/dip 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Graham Crackers Milk	Saltines Cottage Cheese Water