

Breakfast/Snack Menu

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Center Closed	3 *Bagel/Fruit Cocktail Hard Boiled Eggs/Green Pepper Sticks	4 *Waffles/Applesauce Zucchini Bread/Milk	5 Corn Chex/Apricots Bananas/*Goldfish Crackers	6 *English Muffin/Jelly/Pears String Cheese/Fresh Fruit
9 Scrambled Eggs/*Toast Pea Pods/Hummus	10 Crisp Rice Cereal/Bananas Graham Crackers/ 100% Apple Juice	11 *Banana Pancakes/ Applesauce Bean Dip/Cheese/Tortilla	12 Kix Cereal/Mandarin Oranges Fresh Fruit/*Ritz Crackers	13 Blueberry Muffins/Peaches
16 Cream of Wheat/Pears Corn Bread Muffins/Milk	17 Rice Chex/Pineapple Cheese Quesadilla/Milk	18 Cinnamon *Toast/Mixed Fruit Yogurt/Apple Slices	19 Bagels/Soy Butter/Mandarin Oranges Fresh Veggies/Dip/*Crackers	20 Bran Flakes/Peaches Fresh Fruit/Cheese Cubes
23 *English Muffin/Pineapple Tortilla Chips/Salsa/Cheese	24 Corn Flakes/Pears Bean Dip/Pitta Chips/Milk	25 *Pancakes/Applesauce *Goldfish Crackers/100% Pineapple Juice	26 Toasted Oats Cereal/Mixed Fruit Baby Carrots/String Cheese	27 Banana Muffins/Apricots Apples/Soy Butter/Pretzels
30 Breakfast Burrito *Tortilla Wrap/Cheesy Scrambled Eggs Carrot Sticks/Cottage Cheese Din				

All Breakfasts are served with milk. Children ages two and above receive skim milk. Children under two receive whole milk. *Indicates Whole Wheat Product.

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Lunch Menu September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Center Closed</p>	<p>3</p> <p>Ham Sandwich *</p> <p>Baked Potato Chips</p> <p>Carrot Sticks</p> <p>Fresh Fruit</p>	<p>4</p> <p>Hamburger Stroganoff over noodles</p> <p>Diced Carrots</p> <p>Pears</p>	<p>5</p> <p>Italian Turkey Sandwich *</p> <p>Mixed Vegetables</p> <p>Mandarin Oranges</p>	<p>6</p> <p>Hot Dogs on Buns *</p> <p>Green Beans</p> <p>Oven browned potatoes</p> <p>Apple Slices</p>
<p>9</p> <p>Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Roll * & butter Peaches</p>	<p>10</p> <p>Chopped Chicken Salad</p> <p>Cucumbers</p> <p>Soft Breadsticks *</p> <p>Fruit Cocktail</p>	<p>11</p> <p>Hamburgers on Buns *</p> <p>Garden Peas</p> <p>Baked Potato Chips</p> <p>Apricots</p>	<p>12</p> <p>Beef Stir Fry w/ Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple</p>	<p>13</p> <p>Macaroni & Cheese w/ hot dog pieces</p> <p>Green Beans</p> <p>Plums</p>
<p>16</p> <p>Minestrone Soup w/ Beans</p> <p>Cheese Sticks</p> <p>Baby Carrots</p> <p>Bread * /butter Grapes</p>	<p>17</p> <p>Not Fried Rice</p> <p>Refried Beans * Tortilla</p> <p>Golden Corn</p> <p>Fruit Cocktail</p>	<p>18</p> <p>Beef Stew w/ Mixed vegetables</p> <p>Dinner Roll */butter</p> <p>Apricots</p>	<p>19</p> <p>Tomato Soup</p> <p>Grilled Cheese Sandwich *</p> <p>Green Beans</p> <p>Pears</p>	<p>20</p> <p>Chicken Pot Pie w/ vegetables</p> <p>Bread* / butter</p> <p>Plums</p>
<p>23</p> <p>Beef & Noodle Casserole</p> <p>Broccoli</p> <p>Pineapple Tidbits</p>	<p>24</p> <p>Scalloped Potatoes w/ Ham</p> <p>Green Peas</p> <p>Bread * / butter</p> <p>Apricots</p>	<p>25</p> <p>Chicken Lasagna</p> <p>Green Beans</p> <p>Soft Breadsticks *</p> <p>Mandarin Oranges</p>	<p>26</p> <p>Sloppy Joes on Buns *</p> <p>Mixed Vegetables</p> <p>French Fries</p> <p>Pears</p>	<p>27</p> <p>Quiche</p> <p>Broccoli</p> <p>Bread */butter</p> <p>Fresh Fruit</p>
<p>30</p> <p>Bologna Sandwich *</p> <p>Cucumber coins</p> <p>Baked Potato Chips</p> <p>Peaches</p>				

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