

September

<p>4: <u>Breakfast:</u> LABOR DAY English Muffin Fresh Pineapple <u>Lunch:</u> Whole wheat pasta with meat sauce OR Plain With Sweet Peas Clementines <u>Snack:</u> Multi-grain club crackers Go-gurt tube (Non-dairy children have Own)</p>	<p>5: <u>Breakfast:</u> Whole wheat Pancakes Fresh Blueberries <u>Lunch:</u> Red beans and brown rice with mixed veggies Pear Slices <u>Snack:</u> Oyster Crackers Colby Jack cheese stick (OR Apple Sauce)</p>	<p>6: <u>Breakfast:</u> Cheerios Dried Fruit <u>Lunch:</u> Turkey Kielbasa OR Mozzarella cheese with Potato slices Whole wheat roll Sliced Peaches <u>Snack:</u> Low-fat yogurt (Non-dairy children have Own) Protein Granola</p>	<p>7: <u>Breakfast:</u> Whole Grain Breakfast Bar Fresh Grapefruit slices <u>Lunch:</u> Turkey slices OR none, cheese cubes OR none, and ritz crackers Cucumber slices Raisins <u>Snack:</u> Saltine crackers Sunbutter</p>	<p>8: <u>Breakfast:</u> Whole Wheat Toast Fresh Strawberries <u>Lunch:</u> Sunbutter and Jelly Roll-up on a Tortilla Salad with carrots and cabbage/or Peas Banana <u>Snack:</u> Goldfish Craisins</p>
<p>11: <u>Breakfast:</u> Whole grain Waffle Fresh Blackberries <u>Lunch:</u> Sliced Hotdog OR vegan hotdog on a hotdog bun Fresh Snow Peas Apple slices/Apple sauce <u>Snack:</u> Pretzels Humus (OR dried fruit)</p>	<p>12: <u>Breakfast:</u> Whole grain Bagel Hashbrowns <u>Lunch:</u> Mac and Cheese with Corn Pineapple chunks <u>Snack:</u> Whole Grain Fig Bars Celery sticks</p>	<p>13: <u>Breakfast:</u> Whole grain cereal Pear slices <u>Lunch:</u> White meat chicken nuggets OR vegan nuggets Baked Beans Fresh Clementines <u>Snack:</u> Whole Grain Cheddar Whales Go-gurt tube (Non-dairy children have Own)</p>	<p>14: <u>Breakfast:</u> English Muffin Golden Raisins <u>Lunch:</u> Sunbutter and Jelly Roll-up on a Tortilla Sliced grape tomatoes Apricots <u>Snack:</u> Cheerios Banana chips</p>	<p>15: <u>Breakfast:</u> Sausage Links OR Toast Fresh Strawberries <u>Lunch:</u> Turkey pepperoni OR Mozzarella cheese on a Salad with carrots + cabbage/or Green Beans CROUTONS/or wheat bread Banana <u>Snack:</u> Mini Alphabet cookies Cheese slices (OR Sunbutter)</p>
<p>18: <u>Breakfast:</u> Whole grain Breakfast Bar Fresh Cantaloupe <u>Lunch:</u> Cheese Ravioli w/ marinara sauce w/ Spinach Fresh Blueberries <u>Snack:</u> Goldfish Cottage cheese (OR fruit cup)</p>	<p>19: <u>Breakfast:</u> Low-fat yogurt (Non-dairy children have Own) Protein Granola <u>Lunch:</u> Diced Honey Ham OR Mozzarella cheese Green beans Country style Roll Fresh Apple Slices/or apple sauce <u>Snack:</u> Carrot chips/saltines Low-fat ranch dip (OR crackers)</p>	<p>20: <u>Breakfast:</u> Homemade Oatmeal with blueberries <u>Lunch:</u> Sliced grape tomatoes Fresh Clementines <u>Snack:</u> Wheat Cheddar Cheese crackers Mozzarella Cheese stick (OR Sunbutter)</p>	<p>21: <u>Breakfast:</u> Raisin toast Diced Mangos <u>Lunch:</u> Bologna Sandwich OR Grilled cheese on whole wheat bread Sliced Green Peppers Chunky Mixed Fruit <u>Snack:</u> Graham crackers Apple sauce</p>	<p>22: <u>Breakfast:</u> Whole wheat French Toast Fresh Strawberries <u>Lunch:</u> Sunbutter and Jelly Roll-up on a Tortilla Salad with carrots and cabbage/or Corn Banana <u>Snack:</u> Vanilla Wafers Colby Jack cheese stick (Or dried fruit medley)</p>
<p>25: <u>Breakfast:</u> Whole wheat Cereal Fresh Cantaloupe <u>Lunch:</u> Turkey Meatball OR Vegan Meatball sliders On a whole wheat roll Mashed Potatoes Fresh Clementines <u>Snack:</u> Scooby graham snacks Celery sticks</p>	<p>26: <u>Breakfast:</u> Whole Grain Breakfast Bar Hashbrowns <u>Lunch:</u> Chicken patty OR vegan patty on whole wheat bun Broccoli Florets Apple Slices/Apple sauce <u>Snack:</u> Baby/cooked carrots Low-fat ranch dip (OR crackers)</p>	<p>27: <u>Breakfast:</u> Lowfat yogurt (Non-dairy children have their Own) Protein Granola <u>Lunch:</u> Multi-grain corn dog OR Vegan Corn dog Sliced Green Peppers Mandarin oranges <u>Snack:</u> Whole Wheat Buttery Rounds Colby Jack cheese cubes (OR Apple Sauce)</p>	<p>28: <u>Breakfast:</u> Whole grain Bagel Fruit Cocktail <u>Lunch:</u> Sunbutter and jelly "cracker sandwiches" (saltines) Garbanzo beans Raisins <u>Snack:</u> Pretzels Humus (OR dried fruit)</p>	<p>29: <u>Breakfast:</u> Whole wheat Waffles Fresh Strawberries <u>Lunch:</u> Ham OR Cheese roll-up On a tortilla Salad with cabbage and carrots/or Potatoes Banana <u>Snack:</u> Multi-grain club crackers Mozzarella cheese stick (OR Dried fruit)</p>
<p>Milk is served at breakfast and lunch. 1 yrs old-whole milk. 2yrs-5yrs old-1% milk.</p>				