




September 2023



				1 CENTER CLOSED
4  Center Closed	5 Breakfast French Toast Peaches Lunch Soft Chicken Taco w/ Lettuce & Cheese Pineapple Chunks Corn Snack Whole grain rich bar fruit	6 Breakfast Corn bread Banana Lunch Cheeseburger whole wheat pasta Carrots Applesauce Snack Graham Crackers Low fat yogurt	7 Breakfast Egg & Cheese Wrap Apricots Lunch Turkey Bologna Sandwich Green Beans Nectarine Snack Mini pretzels Carrot sticks	8 Breakfast Bagel Cantaloupe Lunch Whole wheat pasta w/ meat sauce Steamed Broccoli Pears Snack Ritz Crackers Cheese Cubes
11 Breakfast Corn Chex Pineapple Tidbits Lunch Chicken w/Pasta Peas and carrots Applesauce Snack Soynut Butter Dip Apple Slices	12 Breakfast Whole wheat English muffin Banana Lunch Meatballs with White Sauce Peas Fruit Cocktail Roll Snack Strawberries Low fat yogurt	13 Breakfast Waffle Diced Pears Lunch Cheese Pizza on whole grain rich crust Green beans Diced Peaches Snack Whole grain rich Cheese-its Watermelon	14 Breakfast Pancakes Banana Lunch Hamburger sliders Roll Mixed vegetable Pineapple Tidbits Snack Mandarin oranges Milk	15 Breakfast Toast Apple Lunch Turkey sandwich on whole grain rich bread Tropical Fruit Carrot Sticks Snack Cheddar Cheese cubes Wheat Thins





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<p>18 Breakfast Life cereal Applesauce</p> <p>Lunch Chicken with mixed veggies and rice Diced peaches</p> <p>Snack Soft Pretzel Cheddar Cheese Cubes</p>	<p>19 Breakfast Waffle Fruit Cocktail</p> <p>Lunch Ravioli & Meat Sauce Carrots Diced pears</p> <p>Snack Whole grain rich goldfish Strawberries</p>	<p>20 Breakfast Hot Biscuit Apricot Halves</p> <p>Lunch Baked Beans w/ Hot Dogs Roll Cantaloupe Cubes</p> <p>Snack Graham crackers Apple Slices</p>	<p>21 Breakfast Bagel Peaches</p> <p>Lunch Chicken Nuggets Green beans Strawberries Roll</p> <p>Snack Whole wheat pita bread Soynut butter</p>	<p>22 Breakfast Kix Banana</p> <p>Lunch Ham & Cheese Wrap Corn Pineapple tidbits</p> <p>Snack Low fat yogurt with Blueberries</p>
<p>25 Breakfast Rice Krispies Orange</p> <p>Lunch Chicken whole wheat pasta w/peas and carrots Cantaloupe</p> <p>Snack Fruit cocktail Milk</p>	<p>27 Breakfast Pigs in a Blanket (pancakes w/ sausage) Banana</p> <p>Lunch Turkey sandwich on whole grain rich bread California blend mixed veggies Fruit cocktail</p> <p>Snack Ritz crackers String Cheese</p>	<p>27 Breakfast Kix Sliced Peaches</p> <p>Lunch Sloppy Joe Hash brown potatoes Apple slices Roll</p> <p>Snack Low fat cottage cheese Pears</p>	<p>28 Breakfast Cinnamon toast Pineapple Tidbits</p> <p>Lunch Cheese Pizza on whole grain rich crust Green beans Pears</p> <p>Snack Ants on a Log (Banana, Soynut Butter & Raisins)</p>	<p>29 Breakfast Mini bagel Oranges</p> <p>Lunch Chicken salad on a whole wheat wrap Broccoli Tropical Fruit</p> <p>Snack Watermelon Whole grain rich cheez-its</p>



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

Notes:

- This menu is peanut free
- Whole milk is served to 2 years & under
- 1% milk is served to 2 years & up
- Milk is served with breakfast and lunch
- Water is offered with snack
- *This menu is subject to change*

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