




September 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast: Pancakes, Pan Sausage, Pears, Milk/ Water Lunch: Beef Soft Taco, Brown Rice, Corn, Mixed Fruit, Milk/ Water PM Snack: Graham Crackers, Fresh Apple Slices, Water	2 Breakfast: French Toast, Mandarin Oranges, Milk/ Water Lunch: Chicken Tenders, Fresh Carrots, Diced Pears, Roll, Milk/ Water PM Snack: Whole Grain Club Crackers with fruit jam, Mixed fruit, Water	3 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Cheese Pizza, Green Beans, Pineapple, Milk/water PM Snack: Animal Crackers, Fresh Orange slices, Water
 6	7 Breakfast: Cinnamon Waffles, Mandarin oranges Milk/ Water Lunch: Beef Fingers, Green Beans, Diced Peaches, Whole Wheat Bread, Milk/ Water PM Snack: String Cheese, Pretzel sticks, Water	8 Breakfast: Scrambled Egg, Whole wheat Toast, Fresh Blueberries, Milk/ Water Lunch: Chicken Sliders, Corn, Diced Pears, Milk/ Water PM Snack: Whole Wheat Ritz Crackers, Fresh cantaloupe, Water	9 Breakfast: Vanilla Yogurt Parfait, Granola, Pineapple, Milk/ Water Lunch: Whole Grain Spaghetti and Meat Sauce, Peas, Fresh Apple Slices, Garlic Bread, Milk/ Water PM Snack: Cottage Cheese, Peaches, Water	10 Breakfast: Whole Grain Kix Cereal, Fresh Banana, Milk/ Water Lunch: Turkey & Cheese Roll ups, Apricots, Peas, Milk/ water PM Snack: Vanilla Pudding, Nilla Wafers, Milk/Water
13 Breakfast: Pancake and Sausage on a Stick, Fruit cocktail, Milk/ Water Lunch: Hamburger on Whole Grain Bun, Fresh Zucchini Slices, Pears, Milk/ Water PM Snack: Pretzels, Pineapple Cream Cheese Spread, Water	14 Breakfast: Oatmeal, Bacon, Mandarin Oranges, Milk/ Water Lunch: Beef Lasagna, Broccoli, Sliced Peaches, Garlic Bread, Milk/ Water PM Snack: Animal Crackers, Pineapple, milk/water	15 Breakfast: Blueberry Muffin, Applesauce, Milk/ Water Lunch: Chicken Nuggets, Mixed Vegetables, Roll, Fresh Oranges, Milk/Water PM Snack: Whole Grain Bagel with Strawberry Cream Cheese, Pears, Water	16 Breakfast: Beef Kolaches, Mandarin Oranges, Milk/ Water Lunch: Grilled Cheese Sandwiches, California Vegetables, Pineapple, Milk/ Water PM Snack: Whole Grain Rice Cake, Spinach Dip, Diced Peaches, Water	17 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Fish Sticks, Peas, Fresh Cantaloupe, Whole Wheat Bread, Milk/ Water PM Snack: Trail Mix, 100% Fruit Juice, Water
20 Breakfast: French Toast, Bacon, Pears, Milk/ Water Lunch: Red Beans and Brown Rice, Smoked Sausage, Diced Peaches, Milk/Water PM Snack: Whole Wheat English Muffins, Mandarin oranges, Water	21 Breakfast: Beef Kolaches, Apple Sauce, Milk/ Water Lunch: Beef Fingers, Green Beans, Diced Pears, Whole Wheat Bread, Milk/Water PM Snack: Ritz Crackers, Fresh Cucumber Slices, Water	22 Breakfast: Scrambled Egg, Whole Wheat Toast, Fresh Orange Slices, Milk/ Water Lunch: Chicken Nuggets, Mashed Potato, Fresh Carrots, Fresh Apple Slices, Whole Wheat Bread, Milk/ Water PM Snack: Cheese Quesadilla, Water	23 Breakfast: Vanilla Yogurt Parfait with Granola, Fresh Blueberries, Milk/Water Lunch: Chicken Sliders, Corn, Mixed Fruit, Milk/ Water PM Snack: Veggie Straws, Fresh Apple Slices, Water	24 Breakfast: Special K Cereal, Fresh Banana, Milk/ Water Lunch: Turkey and Cheese Roll Up, Mixed Vegetables, Sliced Apricots, Milk/ Water PM Snack: Saltine Crackers, Sliced Cheese, Milk/Water
27 Breakfast: Bran Muffin, Peaches, Milk/ Water Lunch: Macaroni and Cheese, Peas, Fresh Orange Slices, Milk/ Water PM Snack: Whole Grain Bagel w/ Fruit Jam, Applesauce, Water	28 Breakfast: Pancake, Sausage Links, Pineapple Tidbits, Milk/Water Lunch: Mini Corn Dogs, California Vegetables, Pears, Milk/ Water PM Snack: Graham Crackers, Fresh Apples, Water	29 Breakfast: Egg Omelet, Hash Brown, Pears, Milk/ Water Lunch: Pepperoni Pizza, Peas, Fresh Watermelon, Milk/ Water PM Snack: Vanilla Yogurt, Nilla Wafers, Water	30 Breakfast: Bagels, Fresh Strawberries, Milk/ Water Lunch: Whole Grain Cheese Tortellini, Marinara, Garden Salad with Ranch Dressing, Pineapple Chunks, Milk/ Water PM Snack: Whole Grain Wheat Thins, Fresh Cucumbers, Water	

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice is 100% fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.