

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED LABOR DAY	Cereal & Milk	Waffles & Milk	Yogurt & Berries	French Toast & Milk
	Cheese Ravioli Mixed Veggies Apples Milk	Pizza Quesadilla Corn Oranges Milk	Chicken Fried Rice alt. Veggie Fried Rice Broccoli Pears Milk	Turkey & Cheese Alt. Cheese Pinwheels Carrot Apples Milk
	Goldfish & Milk	Bananas & Milk	Cheese & Wheat Thins	Fruit & Saltines
9	10	11	12	13
Bagels & Milk	Waffles & Milk	Cereal & Milk	English Muffin & Milk	Oatmeal & Milk
Pesto Pasta String Cheese Green Beans Apples Milk	Tacos alt. Refried Beans Corn Fresh Fruit Milk	Chicken Nuggets Alt. Veggie Nuggets Mixed Veggies Oranges Milk	Mac and Cheese Peas & Carrots Fresh Fruit Milk	Tuna Melt Mixed Veggies Apples Milk
Ritz w/Sunbutter & Milk	Goldfish & Milk	Cheese, Pretzels & Milk	Apples & Milk	Cheerio Mix & Milk
16	17	18	19	20
Muffin & Milk	Bagels & Milk	Cheesy Toast & Milk	Oatmeal & Milk	Breakfast Cake & Milk
Chicken Burgers Alt. Veggie Burgers Corn Melons Milk	Goulash alt. Cheesy Pasta Mixed Veggies Fresh Fruit Milk	Mini Pizza Broccoli Green Beans Milk	Sloppy Joe's alt. Veggie Patty Broccoli Pears Milk	Ham & Cheese Sandwich alt. Cheese Sandwich Carrots Bananas Milk
Goldfish & Milk	Oranges & Multi-grain Crackers	Cheese & Milk	Raisin Bread	Cheese & Ritz Crackers
23	24	25	26	27
Bagels & Milk	Cereal & Milk	Blueberry Muffin & milk	Waffles & Milk	Yogurt Parfait
Chicken Nuggets Alt. Veggie Nuggets Broccoli Fresh Fruit Milk	Spaghetti Garlic Bread Green Beans Apples Sauce Cheese Sticks Milk	Chicken & Rice Mixed with Veggies Oranges Milk	Fish Fillet Rice Peas & Carrots Fresh Fruit Milk	Hoagie Sandwich Pickles Carrots Melon Milk
Cheese Crackers & Milk	Bananas & Milk	Fruits & Saltine Crackers	Apples & Milk	Goldfish & Milk
30				
Coffee Cake & Milk				
Pesto Pasta String Cheese Green Beans Apples Milk				
Fruit & Milk				

Serving Size:

Ages: 1-2 3-5

Poultry/Meat and Fish 1 oz. 1.5 oz.

Fruit and Vegetables ¼ c. ½ c.

Noodles and Rice ⅛ c. ¼ c.

Milk/Water ½ c. ¾ c.

**ALL SNACKS ARE SERVED WITH MILK OR WATER
CRACKERS ARE WHEAT, AND WE USE GROUND TURKEY**

LUNCH IS SERVED WITH MILK