

September Menu 2025
Lucy Brock Child Development Lab, # 9232

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor day	2 B: bananas, wg english muffins, milk L: ground turkey, brown rice, peppers, onions, tomatoes, and milk S: celery, raisins, sun butter	3 B: wg muffins, cream cheese, blueberries, strawberries, and milk L: breakfast for lunch! WG waffles, greek yogurt, mango, sweet potatoes, and milk S: carrots, WG muffins, sunbutter	4 B: WG bread, strawberry puree L: taco salad! Mixed greens, ground turkey, tomatoes, onions, WG tortilla chips, mozzarella, and milk S: wheat thins, celery	5 B: blueberry and mango Greek yogurt clusters L: pizza Friday! Cheese, homemade tomato sauce, arugula, turkey, and milk S: WG rolls with raisins and sunbutter
8 B: damson plums, WG bread and milk L: turkey, yellow wax beans, dressed arugula, cous cous, and milk S: blueberry and greek yogurt	9 B: WG bread, blueberries, cream cheese and milk L: Sliced turkey, egg plant, cous cous, cauliflower, and milk S: green bell peppers, focaccia	10 B: raisin and cranberry granola bars, milk L: breakfast for lunch! cheese grits, Greek yogurt, strawberries, sweet potatoes, and milk S: WG bread, sunbutter	11 B: WG bagels, sliced bananas, milk L: watermelon, cucumber, feta, & mint salad with Greek yogurt dressing, quinoa, and milk S: raw broccoli and celery with Greek yogurt ranch	12 B: peaches, WG muffins, and milk L: Pizza Friday! Mozzarella, green tomatoes, arugula, turkey sausage, and milk S: colorful carrots and turkey meatballs
15 B: WG bagels, pink lady apples, and milk L: WG sandwiches with smoked turkey, cucumbers, tomatoes, cheddar cheese, and milk S: oranges and wheat thins	16 B: homemade oat bread, raisins, milk L: romaine salad with homemade Caesar dressing, parmesan, tomatoes, blackened chicken, cous cous, and milk S: carrots, greek yogurt “ranch”	17 B: WG bread, strawberry puree, and milk L: ground turkey, blistered tomatoes, spinach, WG spaghetti, and milk S: cucumbers, WG english muffins, sliced turkey	18 B: cranberry spread, WG tortillas, and milk L: quinoa, ground turkey, romaine salad, tomatoes, and milk S: green apples and sun butter	19 B: WG bread, red apples, and milk L: WG pizza with mozzarella, tomatoes, turkey, arugula, and milk S:
22 B: bananas, WG bread and milk L: breakfast for lunch! Green apples, oatmeal, and sunbutter, with tomatoes, mozzarella, and milk S: wheat thins, carrots	23 B: raisins, WG muffins, and milk L: cheese quesadillas, onions, peppers, and milk S: grape tomatoes, cheese	24 PD DAY - NO SCHOOL	25 B: peach puree, WG bread, and milk L: WG sub rolls, cucumber, peppers, tomatoes, arugula, sliced smoked turkey, and milk S: tortillas and sunbutter	26 B: frozen greek yogurt, pomegranate, cacao clusters and milk L: Pizza with homemade tomato sauce, cheese, turkey sausage, arugula, and milk S: sliced apples and carrots

29 B: Apples, WG bagels, and milk L: breakfast for lunch! Turkey sausage, cucumbers, carrots, blackberries, Greek yogurt, granola, and milk S: sunbutter and WG tortillas	30 B: strawberry puree, WG rolls, and milk L: chicken thighs, kale & arugula salad, green preppers, brown rice, and milk S: WG chips, smoked turkey	1 B: WG bread with mango and peaches L: WG spaghetti, blistered tomatoes, chicken, broccoli, and milk S: sun butter and WG rolls	2 B: dragon fruit & Greek yogurt clusters L: WG subs with spring mix, tomatoes, smoked turkey, and milk S: WG chips and tomato salsa	3 B: strawberry puree and WG bread L: pizza friday! Tomatoes, mozzarella, chicken, arugula, and milk S: blackberries and greek yogurt
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Vegan, Vegetarian, Gluten free and soy free options available.*Whole unflavored milk for ages 12-23 months, 1% unflavored milk for ages 2-5 years, and Silk Original soy milk and Silk unflavored almond milk provided to participants with medical or special dietary needs, with appropriate documentation.*Equal opportunity employer and provider* [*Local produce in blue print](#)