



'MENU' September



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		1 Mini Bagels (1) Cream Cheese (1 Tbsp) Fruit(1/2c) Milk (4oz)	2 Oatmeal (1/2c) Fruit (1/2 c) Milk (4oz)	3 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	4 Waffles (1) Fruit(1/2c) Milk (4oz)
PM SNACK		Graham Crackers (1) Sunbutter(1 Tbsp)	Green Veggies (1) Ranch(1 Tbsp) Crackers (4)	Bananas (1/2c) Sunbutter(1 Tbsp)	Pirate's Booty (1/2c) Fruit (1 Tbsp)
BREAKFAST	7 School Closed	8 Quesadilla (1/2) Fruit(1/2c) Milk (4oz)	9 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	10 Pancakes (1) Fruit(1/2c) Milk (4oz)	11 Oatmeal (1/2c) Fruit (1/2 c) Milk (4oz)
PM SNACK	School Closed	Nilla Wafers (5 pcs) Applesauce (1/2c)	Rice Cake(1pcs) Sunbutter (1 Tbsp)	Granola Bar (1 pcs) Fruit (1/2c)	String Cheese (1 pcs) Crackers (4)
BREAKFAST	14 Biscuits(1) Jelly (1 Tbsp) Fruit(1/2c) Milk (4oz)	15 French Toast (1) Fruit (1/2c) Milk (4oz)	16 Cereal Oatmeal Bar (1) Fruit (1/2c) Milk (4oz)	17 Mini Bagels (1) Cream Cheese (1 Tbsp) Fruit(1/2c) Milk (4oz)	18 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)
PM SNACK	Goldfish (14 pcs) Fruit (1/2c)	Animal Cracker (12 pcs) Fruit (1/2c)	That's It Apple Crunchers(1) Fruit(1/2c)	Cheese (1 Slice) Crackers (4)	Chef's Choice Day
BREAKFAST	21 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	22 Quesadilla (1/2) Fruit(1/2c) Milk (4oz)	23 Pancakes (1) Fruit(1/2c) Milk (4oz)	24 Cereal (1/2 c) Fruit (1/2c) Milk (4oz)	25 Muffins (1) Yogurt (1/4c) Milk (4oz)
PM SNACK	Green Veggies (1) Ranch(1 Tbsp) Crackers (4)	Apples (1/2c) Sunbutter(1Tbsp)	Goldfish (14 pcs) Fruit (1/2c)	Nilla Wafers (5 pcs) yogurt (1/2c)	Rice Cake(1pcs) Sunbutter (1 Tbsp)
BREAKFAST	28 Chef's Choice Day	29 Cinnamon Raisin Toast (1) Fruit(1/2c) Milk (4oz)	30 Banana Loaf (1) Fruit (1/2 c) Milk (4oz)	 Cereal served : Cheerios, Kix, Chex, Rice Krispies	
PM SNACK	Soft Pretzel Rod(1pcs) Applesauce (1/2c)	Cheez-its (14 pcs) Fruit (1/2c)	String Cheese (1 pcs) Apples(1/2c)	 Milk served : 12-24 months whole milk 2yrs-5yrs 1% milk	