

September-2024

Breakfast: 1-2 3-5 6-12
Milk 1/2 c 3/4 c 1 c
Fruit, Veg or both 1/4 c 1/2 c 1/2 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Dry Cereal 1 oz
Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
*Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
Milk 1/2 c 3/4 c 1 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Pasta/Noodles 1/4 c
Fruit 1/8 c 1/4 c 1/4 c
Vegetables 1/8 c 1/4 c 1/2 c
Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
Milk 1/2 c 1/2 c 1 c
Fruit 1/2 c 1/2 c 1/2 c
Vegetable 1/2 c 1/2 c 3/4 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
*Select 2 of the 5 components

	Monday		Tuesday		Wednesday		Thursday		Friday
2	NO SCHOOL	3		4		5		6	Grandparents Day
BR -	Center Closed	BR -	Kix Cereal/Apples/Milk	BR -	French Toast Sticks/Bananas/Milk	BR -	Life Cereal/Oranges/Milk	BR -	Mini Spooners/Strawberries/Milk
LN -	LABOR DAY	LN -	Peanutbutter and Jelly on WW/Carrots/Pineapples/Milk	LN -	Beef Hotdogs on WW Bun/Cucumber/Peaches/Milk	LN -	Ham and Cheese Quesadilla on WW/Green Beans/AppleSauce/Milk	LN -	Scrambled Eggs/Pancakes/Mandrine Oranges/Green peppers/Milk
SN -		SN -	Pretzels/Cheese Sticks/Milk	SN -	Goldfish/Milk	SN -	Graham Crackers/Milk	SN -	Animal Crackers/Milk
9		10		11		12		13	
BR -	Mini Muffins/Oranges/Milk	BR -	Chex Cereal/Apples/Milk	BR -	Waffles/Bananas/Milk	BR -	Mini Spooners/Grapes/Milk	BR -	French Toast Sticks/Blueberries/Milk
LN -	Meatball Subs on WW/Salad/Pineapples/Milk	LN -	Chicken Patty/WW Bun/Carrots/Mandrine Oranges/Milk	LN -	Turkey and Cheese on WW/Cauliflower/Fruit Cocktail/Milk	LN -	Chicken and Cheese Quesadilla on WW/Green Peppers/Pears/Milk	LN -	WW Beefaroni/Green Beans/Peaches/Milk
SN -	Teddy Grahams/Milk	SN -	Celery and Peanutbutter/Milk	SN -	Chips and Salsa/Milk	SN -	Cheese itz/Milk	SN -	Chocolate Animal Crackers/Milk
16		17		18		19		20	
BR -	Mini Muffins/Grapes/Milk	BR -	Life Cereal/Apples/Milk	BR -	Cinnamon Raisin Bread/Cream Cheese/Bananas/Milk	BR -	Chex Cereal/BluberriesMilk	BR -	Waffles/Strawberries/Milk
LN -	All Beef Hotdogs on WW Bun/Carrots/Pears/Milk	LN -	Chicken Strips/WW Bun/Corn/Applesauce/Milk	LN -	Nachos/WW Bun/Salad/Pineapple/Milk	LN -	Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN -	Sloppy Joe on WW/Green Beans/Mandrine Oranges/Milk
SN -	Butter Smooth Crackers/Milk	SN -	Oranges/Milk	SN -	Animal Crackers/Milk	SN -	Vanilla Yogurt/Vanilla Waffles/Milk	SN -	Scooby-Snacks/Milk
23		24		25		26		27	
BR -	Mini Muffins/Oranges/Milk	BR -	Mini Spooners/Grapes/Milk	BR -	Pancakes/Bananas/Milk	BR -	Kix Cereal/Blueberries/Milk	BR -	Bagles/Cream Cheese/Strawberries/Milk
LN -	Grilled Ham and Cheese on WW/Broccoli/Fruit Cocktail/Milk	LN -	Turkey and Cheese//Milk	LN -	Peanutbutter and Jelly/Carrots/Pears/Milk	LN -	Taco on WW /Green Peppers/Pinapples/Milk	LN -	Chicken Strips /WW Bun/Salad/Fruit Cocktail/Milk
SN -	Chips and Salsa/Milk	SN -	Saltines/Cheese Sticks/Milk	SN -	Multigrain Crackers/Milk	SN -	Goldfish/Milk	SN -	Pretzels/Milk
30									
BR -	Mini Muffins/Apples/Milk	BR -		BR -		BR -		BR -	
LN -	WW Beefaroni/Celery/Pears/Milk	LN -		LN -		LN -		LN -	
SN -	Graham Crackers/Milk	SN -		SN -		SN -		SN -	

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
Skim Milk = Children over 24 months
WG = Whole Grain / WW = Whole Wheat