

SEPTEMBER MENU

PRESCHOOL

| MONDAY 9/9 | TUESDAY 9/10 | WEDNESDAY 9/11 | THURSDAY 9/12 | FRIDAY 9/13 |
|--|---|--|--|---|
| <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. SHREDDED WHEAT ½ C. MANDARIN ORANGES 6oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HAM SANDWICH</i></p> <p>1 oz. DELI SLICED HAM ½ oz. CHEESE SLICE 1 oz. W.G. BEAD SLICE ½ C. CARROT STICKS ¼ C. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS 1 TBS. WOW BUTTER</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL W/RAISINS ¼ C. APPLES & ¼ C. RAISINS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH-Bistro</u> <i>SWEET & SOUR MEATBALLS</i></p> <p>1 ½ oz. MEATBALLS ¼ oz. RICE ½ C. STIR FRY VEGETABLES ¼ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>¼ oz. MULTI GRAIN CRACKERS ¼ C. 100% JUICE</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. RAISIN BREAD ¼ C. BANANAS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TAQUITOS</i></p> <p>1 oz. SHREDDED BEEF ¼ oz. CORN TORTILLA ¼ C. PINTOS SALSA ¼ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>¼ C. CORNY SALSA ½ oz. TORTILLA CHIPS</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. STRAWBERRIES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CHICKEN SALAD SAND.</i></p> <p>1 ½ oz. SHREDDED CHICKEN ½ oz. W.W. BREAD SLICE ½ C. CELERY STICKS/RANCH ¼ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS ¼ HARD BOILED EGG</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. WAFFLES ½ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>KIELBASA</i></p> <p>1 1/2 oz. KIELBASA ½ C. MASHED POTATOES 1 oz. ROLL ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>¼ C. PEA PODS W/RANCH ¼ oz. W.W. WHEAT THINS</p> |
| MONDAY 9/16 | TUESDAY 9/17 | WEDNESDAY 9/18 | THURSDAY 9/19 | FRIDAY 9/20 |
| <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORN FLAKES ½ C. APPLESAUCE 86 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TURKEY SANDWICHES</i></p> <p>1 oz. DELI TURKEY ½ oz. W.G. BREAD ½ oz. CHEESE SLICE ½ C. CELERY STICKS/RANCH ¼ C. MANDARIN ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. KIWI ½ oz. GOLD FISH</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. SCRAMBLED EGGS ¼ C. TANGERINE 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HOT DOGS</i></p> <p>½ oz. BUN 1 ½ oz. HOT DOG ½ C. SWEET POTATO FRIES ¼ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>2 oz. YOGURT ¼ oz. W.G. GRANOLA</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL ¼ C. RAISINS & ¼ C. APPLES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>ITALIAN PASTA SALAD</i></p> <p>½ oz. ROTINI PASTA 1 oz. SALAMI & ½ oz. CHEESE CUBES ¼ C. OLIVES & ¼ C. CHOPPED BROCC. ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u> <i>Banana Roll Up</i></p> <p>¼ C. BANANA ½ oz. W.W. TORTILLA JELLY</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1/2 oz. W.W. ENGLISH MUFFIN W/ JELLY ½ C. CANTALOUPE 6 OZ. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>SLOPPY JOES</i></p> <p>½ oz. W.W. BUN 1 ½ oz. GROUND BEEF ½ C. GREEN BEANS ¼ C. PINEAPPLE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>¼ C. BAKED APPLE SLICES 1/2 oz. GRAHAM CRACKERS</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>1/2 oz. FRENCH TOAST STICKS ½ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>ITALIAN CHICKEN TENDERS</i></p> <p>1 ½ oz. CHICKEN ¼ C. COOKED CARROTS ½ oz. ROLL ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. SALTINE CRACKERS 1 TBS. RANCH CREAM CHEESE SPREAD</p> |

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

SEPTEMBER MENU

PRESCHOOL

| MONDAY 9/23 | TUESDAY 9/24 | WEDNESDAY 9/25 | THURSDAY 9/26 PICTURE DAY | FRIDAY 9/27 |
|---|---|--|--|--|
| <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HAM SANDWICH</i></p> <p>½ oz. DELI HAM ½ oz. W.W. BREAD 1 oz. AMERICAN CHEESE ½ C. CARROT STICKS WITH RANCH ¼ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GRAHAM CRACKERS 4 oz. MILK</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. PANCAKE ½ C. BERRIES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>BAKED TILAPIA</i></p> <p>1 ½ oz. TILAPIA FILLET ½ C. GARLIC GREEN BEANS 1 oz. W.G. BROWN RICE ¼ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. ANIMAL CRACKERS ½ C. APPLES</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CINNAMON OATMEAL ¼ C. ORANGES & ¼ RAISINS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CHICKEN NOODLE SOUP</i></p> <p>1 ½ oz. CHICKEN ½ oz. NOODLES 1/2 C. MIXED VEGGIES ½ oz. ROLL ¼ C. BANANA 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>1 oz. HUMMUS 1 oz. W.W. PITA BREAD</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. CHEERIOS ½ C. APPLES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CHICKEN TENDERS</i></p> <p>1 ½ oz. CHICKEN TENDERS ½ C. SWEET POTATO FRIES 1 oz. W.W. SLICED BREAD ¼ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLDFISH ½ C. KIWI</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.W. TORTILLA w/ WOW BUTTER ½ C. MIXED FRUIT 6oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>MEATBALL SLIDERS</i></p> <p>1 ½ oz. MEATBALL ½ oz. HAWAIIAN ROLL ¼ C. PASTA SAUCE ¼ C. CORN ¼ C. MIXED FRUIT 6oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. SALTINES ½ oz. STRING CHEESE</p> |
| MONDAY 9/30 | TUESDAY 10/1 | WEDNESDAY 10/2 | THURSDAY 10/3 | FRIDAY 10/4 |
| <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. SHREDDED WHEAT ½ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TURKEY ROLL UPS</i></p> <p>½ oz. W.W. TORTILLA 1 oz. DELI TURKEY ½ oz. CREAM CHEESE ½ C. SPINACH W/DRESSING ¼ c. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. APPLES ½ oz. WHEAT THINS</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. LIFE CEREAL ½ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CHICKEN SAUSAGE PASTA</i></p> <p>1 ½ oz. KIELBASA SAUSAGE & SHREDDED CHICKEN ½ oz. PENNE PASTA ½ C. SPINACH ¼ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ w/ WOW BUTTER ½ C. CELERY</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. WAFFLE ½ C. BANANAS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CFC BEEF & RICE CASSEROLE</i></p> <p>1 ½ oz. GROUND BEEF ½ oz. WHITE RICE ½ C. MIXED VEGETABLES ¼ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. PRETZELS 1 oz. CHEESE CUBES</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ½ C. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>MEATLOAF</i></p> <p>1 ½ oz. MEATLOAF ½ C. SMASHED POTATOES w/ SMASHED CARROTS ½ oz. ROLL ¼ c. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLD FISH CRACKERS ½ C. 100% JUICE</p> | <p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL WITH RAISINS ½ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TOMATO HAMBURGER SOUP</i></p> <p>1 ½ oz. GROUND BEEF ½ C. MIXED VEGGIES ½ oz. GARLIC BREAD ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS 4 oz. YOGURT</p> |

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