


AUGUST/SEPTEMBER MENU

PRESCHOOL

MONDAY 8/28	TUESDAY 8/29	WEDNESDAY 8/30	THURSDAY 8/31	FRIDAY 9/1
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. RICE KRISPIES ½ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CFC BENTO BOX</i></p> <p>½ oz. RITZ CRACKERS ½ oz. CHEESE 1 oz. TURKEY 1/8 C. CHERRY TOMATOES 1/8 C. CUCUMBER SLICES ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. PITA BREAD w/ HUMMUS ¼ C. APPLES</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ serv. NUTRIGRAIN BAR ½ c. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CORN DOGS</i></p> <p>1 ½ oz. CORN DOGS ¼ C. SWEET POTATO FRIES ½ oz. W.W. ROLL ¼ C. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS ½ oz. STRING CHEESE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. FRENCH TOAST STICKS ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>SPAGHETTI</i></p> <p>½ oz. PASTA 1 ½ oz. MEAT w/SAUCE ¼ C. COOKED ZUCCHINI ¼ C. BANANA 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. CORNY SALSA ½ oz. TORTILLA CHIPS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. OATMEAL w/RAISINS ½ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TERIYAKI DRUMSTICKS</i></p> <p>1 ½ oz. CHICKEN DRUMSTICK ½ oz. RAINBOW RICE ¼ C. MIXED VEGETRABLES ¼ C. PINEAPPLE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CEREAL SNACK MIX ½ C. GREEN APPLES</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. ENGLISH MUFFINS w/ CHEESE SLICE ½ C. RED APPLES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>GRILLED CHEESE</i></p> <p>½ oz. W.W. BREAD 1 ½ oz. AMERICAN CHEESE ¼ C. TOMATO SOUP ¼ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. ANIMAL CRACKERS ½ C. 100% JUICE</p>
MONDAY 9/4	TUESDAY 9/5	WEDNESDAY 9/6	THURSDAY 9/7	FRIDAY 9/8
<p style="text-align: center;">CFC IS CLOSED IN OBSERVANCE OF</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ serv. BELVITA ½ C. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>LASAGNA</i></p> <p>½ oz. PASTA/ 1/8 C. SAUCE 1/8 C. COOKED ZUCCHINI ½ oz. CHEESE ¼ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>2 oz. YOGURT 1/8 C. GRANOLA</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. OATMEAL ½ C. RAISINS/ STRAWBERRIES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>FISH STICKS</i></p> <p>1 ½ oz. FISH STICKS ¼ C. BROCCOLI SLAW ¼ C. PINEAPPLE ½ oz. CORN TORTILLA 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>¼ C. BANANA ½ oz. CHEERIO MIX</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. ENGLISH MUFFINS W/ AMERICAN CHEESE ½ C. TANGERINE 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>SLOPPY JOES</i></p> <p>½ oz. W.G. BUN 1 ½ oz. GROUND BEEF ¼ C. GREEN BEANS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS ½ oz. STRING CHEESE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>2 FRENCH TOAST STICKS ½ C. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>ROSEMARY CHICKEN TENDERS</i></p> <p>1 ½ oz. CHICKEN ¼ C. COOKED CARROTS ½ oz. W.W. ROLL ¼ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. W.W. TORTILLA 1 TBS. WOW BUTTER</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 9/11	TUESDAY 9/12	WEDNESDAY 9/13	THURSDAY 9/14	FRIDAY 9/15
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. SHREDDED WHEAT ½ C. PEACHES 6 oz. 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 ½ oz. W.G. BEAD SLICE ½ C. CARROT STICKS ¼ C. APPLES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. ANIMAL CRACKERS ½ C. PEARS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. OATMEAL W/RAISINS ½ C. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CRANBERRY CHICKEN</i></p> <p>1 ½ oz. CHICKEN TENDERS ½ oz. W.W. ROLL ¼ C. MASHED POTATOES ¼ C. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS ½ HARD BOILED EGG</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. MINI BAGELS W/CREAM CHEESE ½ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>GREEN CHICKEN ENCHILADAS</i></p> <p>1 oz. SHREDDED CHICKEN ½ oz. W.W. TORTILLAS ½ oz. CHEESE ¼ C. PINTOS ¼ C. TANGERINES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. PRETZELS ½ oz. CHEESE CUBES</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. CHEERIOS ½ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>LITTLE SMOKIES</i></p> <p>1 ½ oz. SMOKIES ¼ C. GREEN SALAD W/ RANCH ½ oz. ROLL ¼ C. HONEY DEW 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. TORTILLA CHIPS WITH GUACAMOLE ½ C. GREEN APPLE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. PANCAKES ½ C. BERRIES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>CHICKEN BURGERS</i></p> <p>1 ½ oz. CHICKEN BURGER ½ oz. W.G. BUN 1/8 C. LETTUCE 1/8 C. TOMATO SLICE ¼ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. FRESH PEA PODS W/RANCH ½ oz. WHEAT THINS</p>
MONDAY 9/18	TUESDAY 9/19	WEDNESDAY 9/20	THURSDAY 9/21	FRIDAY 9/22
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. CHEERIOS ½ c. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HAM SANDWICH</i></p> <p>1 oz. HAM ½ oz. W.W. BREAD ½ oz. CHEESE SLICE ¼ C. GREEN SALAD w/ DRESSING ¼ C. APPLES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS ½ oz. CHEESE CUBES</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. MINI BAGELS w/ CREAM CHEESE ½ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>MEATLOAF</i></p> <p>1 ½ oz. MEATLOAF ¼ C. MASHED POTATOES W/ GRAVY ½ oz. ROLL ¼ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ HARD BOILED EGG ½ oz. PRETZELS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. OATMEAL ½ C. TANGERINE/RAISINS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>BEEF STROGANOFF</i></p> <p>½ oz. PASTA NOODLES 1 ½ oz. GROUND BEEF ¼ C. GREEN BEANS ¼ C. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. CARROTS & CELERY STICKS w/ RANCH ½ oz. WHEAT THINS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. SHREDDED WHEAT ½ C. BANANAS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>GROUND TURKEY w/ RED BEANS & RICE</i></p> <p>1 ½ oz. GROUND TURKEY ½ oz. RICE ¼ C. BEANS ¼ C. PEARS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLD FISH ½ C. GRAPES</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>MEATBALL SLIDERS</i></p> <p>1 ½ oz. MEATBALLS ½ oz. HAWAIIAN ROLL ¼ C. CORN ON THE COB ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. W.W. TOAST w/ GUACAMOLE ½ C. CHERRY TOMATOES</p>

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