

September 2020 Children's House menu

Toddler substitution in ()

Breakfast and Lunch: Whole milk 2yrs-younger, 2% 3's & 4's

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins(banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		1. yogurt parfait/milk	2. rice krispies/milk	3.english muffin/jelly/milk	4. Raisin bread/butter/milk
Lunch		grilled cheese Sandwich tomato soup fruit	chicken fried rice Broccoli fruit	meatloaf dinner roll/ sweet potato bake fruit	french toast Casserole sausage patty/ roasted potatoes fruit
PM Snack		Pretzel and juice	animal crackers/juice	cheese & ritz crackers	Chex mix/ Juice
Breakfast	7	8. waffles/ milk	9. cherrios/milk	10.oatmeal/milk	11. oranges/ kix/milk
Lunch	Closed 	hawaiian crunch wrap tater tots Fresh Fruit	beef&bean enchildada bake corn fruit	chicken pot pie roasted sweet potatoes Fruit	Pizza peas Fruit
PM Snack		grapes/ club crackers	cheese-its /juice	tortilla chips/nacho cheese	junior raisin mix/juice
Breakfast	14. applesauce/ grams	15. cinnamon toast/ milk	16. berry Kix/ milk	17. biscuits/milk	21. waffles/milk
Lunch	chicken penne cucumber slices fruit	sloppy joes green beans Fruit	sesame noodles w/chicken roasted cauliflower Fruit	veggie chilli cornbread Fruit	fruit and bran muffin vanilla greek yogurt hashbrowns/ Fruit
PM Snack	peaches/ pretzels	cucumber slices /crackers	goldfish/juice	pita chips/dip/ juice	cheesy chex mix/ juice
Breakfast	21.yogurt parfait/milk	22. pancakes/milk	23. cinnomon toast crunch /milk	24. cinnamon oatmeal/milk	25. Banana and gram
Lunch	butternut squash lasanga green beans fruit	sunbutter apple wrap broccoli salad Fruit	southwest Lentils carrots Fruit	chicken nuggets mashed potatoes fruit	pizza cucumber slices fruit
PM Snack	wheat thins/ Juice	pepper slices/oyster cracker	grape tomatoes/cheese cubes	salsa & totilla chips	triscuits/juice
Breakfast	28. Toast and jelly/milk	29. mini bagels/juice/milk	30. Kix cereal/ milk		
Lunch	Pasta w/ marinara cheesestick/broccoli fruit	chicken salad/wg pita cucumber slices fruit	veggie and chicken stirfry Brown rice /carrots fruit		
PM Snack	orange slices/oyster cracker	apple slices/ cheese cubes	cheese-its /juice		
Breakfast					
Lunch					

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PM Snack