

# September 2021 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. rice Krispie/ milk	2. raisin bread/ milk	3. fruit bar/ banana/milk
Lunch			chicken& veggie curry broccoli fresh fruit	hamburger slider peas fresh fruit	ham& cheese fritatta biscuit/ tate tots fresh fruit
PM Snack			animal crackers/ Juice	grape tomatoes/cheese cubes	chex mix/Juice
Breakfast	6. closed	7. applesauce/grams/milk	8. Cheerios/milk	9 toast/butter/jelly/milk	10. orange slices/kix
Lunch		turkey and cheese wrap broccoli Fresh Fruit	beef tacos glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh Fruit	pizza cucumber sliced fresh fruit
PM Snack		cheese/crackers	cheese-its/juice	pepper slices/oyster crackers	junior mix/Juice
Breakfast	13.english muffins/milk	14. yogurt parfait/milk	15.cinnamon toast crunch/milk	16. waffles/milk	17. Banana/gram/milk
Lunch	pasta/marinara/cheesesticks broccoli fresh fruit	chicken salad/wg pita cucumber slices fresh fruit	chicken &veggie curry brown rice fresh Fruit	hamburger slider peas fresh Fruit	ham and cheese fritatta tator tots fresh fruit
PM Snack	carrots and dip	grapes/crackers	goldfish/ juice	pita chips/ juice	cheesy chex mix
Breakfast	20. cinnamon toast/milk	21. pancakes/milk	22. Kix/ milk	23 french toast sticks/milk	24 biscuits/milk
Lunch	spaghetti/meat sauce broccoli fresh fruit	ham sandwich baked beans/cucumber Fresh Fruit	cheese quesadilla glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh fruit	cheese pizza green beans fresh fruit
PM Snack	triscuits/juice	Chips and salsa	vanilla wafers/ juice	pretzels/juice	apples/cheese cubes
Breakfast	27.fruit bars/oranges/milk	28. yogurt parfait/milk	29. wg cereal/milk	30. peaches/grams/milk	
Lunch	mac and cheese peas and corn fresh fruit	grilled cheese sandwich tomato soup Fresh Fruit	chicken fried rice broccoli fresh fruit	meatloaf/ dinner roll sweet potato bake fresh fruit	
PM Snack	teddy grams/juice	cucumber coins/ club crackers	mixed fruit/crackers	chips and cheese	
Breakfast					
Lunch					

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PM Snack

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