

September 2022 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	5. Closed	6. yogurt parfait/milk	7. rice krispie cereal/milk	8. oatmeal/milk	9. raisin bread/milk
Lunch	for Labor day	hot/ham cheese tator tot fresh fruit	Beef Enchilada bake corn fresh fruit	chicken pot pie roasted sweet potatoes fresh fruit	cheese pizza peas fresh fruit
PM Snack		carrots/dip/juice	animal crackers/Juice	grape tomatoes/club crackers	chex mix/ juice
Breakfast	12. toast/jelly/butter/milk	13. waffles/milk	14. cherrios/milk	15. fruit bars/banana/milk	16 applesauce/grams/milk
Lunch	Penne Alfredo cucumber slices fresh fruit	sloppy joes green beans Fresh Fruit	Teriyaki turkeymeatballs rice/ roasted cauliflower fresh fruit	veggie chilli/cornbread roasted carrots fresh fruit	Oatmeal pancakes yogurt. Tator tots fresh fruit
PM Snack	tortilla chips/cheese	cheese and crackers	cheese-its /Juice	pepper slices/club crackers	Junior mix/ Juice
Breakfast	19 english muffins/milk	20 yogurt parfait/milk	21. cinnamon toast crunch/milk	22. Oatmeal/milk.	23.biscuits/jelly/butter/milk
Lunch	cheese Lasagna green beans fresh fruit	turkey /cheese wrap broccoli fresh fruit	beef tacos glazed carrots fresh Fruit	chicken nuggets mashed potatoes fresh Fruit	cheese pizza cucumber slices fresh fruit
PM Snack	wheat thins/Juice	grapes and crackers	goldfish/ juice	pita chips/juice	Junior mix/ Juice
Breakfast	26.toast cinnamon/milk	27. panackes/buttter/milk	28. kix cereal / milk	29. banana/grams/ milk	30. wg cereal
Lunch	mac and cheese broccoli fresh fruit	Veggie beef soup pita bread/cucumber Fresh Fruit	chicken and veggive curry brown rics/ glazed carrots fresh fruit	hamburger sliders peas fresh fruit	ham and cheese fritatta biscuit/tator tots fresh fruit
PM Snack	cucumber slices/crackers	chips and salsa	Vanilla wafers/juice	triscuits/cheese	cheesestick/pretzels
Breakfast					
Lunch					
PM Snack					
Breakfast					
Lunch					