

September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	August 30 Cereal	Sept 1 Biscuits + Gravy	2 Scrambled Eggs	3 Oatmeal with Blueberries	4 Pumpkin pancakes
LUNCH	Turkey + Cheese Sandwich, Peas, Mixed Fruit	Beef + Cheese Soft Taco, Black Beans + Corn, Strawberries	Chicken Pot Pie, Mixed Veggies, Apples	WG Spaghetti, Summer Squash, Diced Mango	WG Cheese Pizza, Sweet corn, Seasonal Fruit
SNACK	Grahams + WOW Butter	String Cheese + Juice	Carrots + Yogurt Dip	Bananas + Wafers	Chocolate lentil muffins
BREAKFAST	7	8	9	10	11
LUNCH	Closed Labor Day	Pizza Burger on WW Bun, Tuscan Veggies, Banana	Pineapple Chicken, Brown Rice, Green Beans	Italian chicken Pasta, Tuscan Veggies, Diced Mango	Homemade Mac + Cheese, Diced Carrots, Strawberries
SNACK		Tortilla Chips* + Salsa	Veggie Sticks + Yogurt dip	Strawberry Banana Smoothie	Craisins + Pretzels*
BREAKFAST	14 Cereal	15 Biscuits + Jam	16 Scrambled Eggs	17 Oatmeal Muffin	18 Pancakes + Strawberry Compote
LUNCH	Grilled Cheese Sandwich, Tomato Soup, Mixed Fruit	Baked Ranch Chicken, Mixed Veggies, Pears	Taco Pie, Oranges	Chicken Curry w/carrots + potatoes, Steamed Rice, Peaches	WG Cheese Pizza, Sweet Corn, Seasonal Fruit
SNACK	Apples w/Wow butter	Banana Muffins w/Juice	Veggie Sticks + Yogurt dip	Cheese Cubes + Apple Slices	Yogurt + Pretzels*
BREAKFAST	21 Cereal	22 Cheese Toast	23 Scrambled Eggs	24 Apple Cinnamon Oatmeal	25 Waffles w/blueberry compote
LUNCH	BBQ Chicken Sandwich, Fresh Broccoli, Triple Berries	Chicken Fried Rice, Mixed Veggies, Peaches	Corn Dogs, Baked Beans, Seasonal Fruit	Shepherd's Pie, Blueberries	Cheese Ravioli w/Marinara Sauce, Garden Salad, Oranges
SNACK	Raisins + Wafers	Applesauce + Grahams	Veggie Sticks + Yogurt dip	Oatmeal cookies	Zucchini Bread
BREAKFAST	28 Cereal	29 Biscuit w/Jam	30 Scrambled Eggs	Oct 1 Pumpkin Oatmeal	Oct 2 Apple Pancakes
LUNCH	Hot Ham + Cheese Sandwich, Pasta Salad, Banana	WG Beef Stroganoff, Peas, Diced Mango	Turkey Hot Dog, Sweet Potato Fries, Blueberries	Baked Pollock Fillets, Mixed Veggies, Pineapple	WG Pizza, Sweet corn, Peaches
SNACK	Applesauce + Grahams	String Cheese + Juice	Veggie Sticks + Yogurt dip	Oranges + Animal Crackers	Banana Bread

*Substitutes made for children 2 and younger made when needed to match developmental level

EX: Trail mix is substituted with dry cereal & raisins, Tortilla chips substituted with soft tortilla, Hard veggies are steamed

*Vegetarians and allergies may be accommodated

*All juice is 100% fruit juice

*Menu changes may be made without notice, if needed.