

Menu for Week Sep 11-15



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM Snack</i>	Teddy Grahams Milk	English Muffins	Animal Crackers	Toast w/ Jam	Mini Donuts, Milk
Age Appropriate Substitute					
<i>Lunch</i>	Bosco Sticks, Carrots, Banana	Chicken Quesadilla, Green Beans, Pineapple	Egg Sausage & Cheese Sandwich, Hash Browns, Oranges	Hamburgers, Tator Tots, Fruit Cocktail	Chicken Nuggets, Mashed Potatoes, Peaches
Age Appropriate Substitute					
<i>PM Snack</i>	Cheese Itz Milk	Crackers and Ham	Goldfish, Milk	Banana Bread, Milk	Wheat Thins, Cheese Sticks
Age Appropriate Substitute					

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be milk. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served Skim milk.

Centers may substitute food items, as necessary.

Menu for Sep 18-22



<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM Snack</i>	Ritz Crackers Cheese	Cheesy Bagels	Cinnamon Peach Bread Milk	Cereal Trail Mix Milk	Yogurt Oranges
Age Appropriate Substitute					
<i>Lunch</i>	Sloppy Joe's Sliders, French Fries, Banana	BBQ Chicken, Green Beans, Fruit Cocktail	Ham & Cheese on Whole Wheat Bread, Cucumbers & Ranch, Peaches	Beef Taco, Carrots, Oranges	Chicken Alfredo, Peas & Carrots, Pears
Age Appropriate Substitute					
<i>PM Snack</i>	Chex mix	Pita bread Hummus	Soft Pretzels, Milk	Club Crackers String Cheese	Cheeze Itz Milk
Age Appropriate Substitute					

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Menu for Week Sep 25-29

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM Snack</i>	Mini Donuts, Milk	English Muffin w/ Strawberry Jam	Cinnamon Toast	French Toast Sticks, Milk	Belvita Milk
Age Appropriate Substitute					
<i>Lunch</i>	Chicken Fried Rice, Peas & Carrots, Banana	Italian Meatballs, Parmesan Potatoes, Pineapple	Macaroni & Cheese, Green Beans, Apple Sauce	Beef Pizza, Mixed Veggies, Peaches	Turkey Rollup w/ Cheese, Broccoli and Ranch, Pears
Age Appropriate Substitute					
<i>PM Snack</i>	Teddy Grahams	Wheat Thins Apple Slices	Summer Sausage & Cheese	Ranch Seasoned Crackers, Milk	Ritz Crackers Strawberry Cream Cheese
Age Appropriate Substitute					

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Centers may substitute food items, as necessary.



Menu for Week Oct 2-6

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM Snack</i>	Cereal Trail Mix	French Toast Sticks	Biscuits & Jam	Cheesy Bagels	Animal Crackers
Age Appropriate Substitute					
<i>Lunch</i>	Beef Quesadilla, Corn, Banana	Au Gratin Potatoes w/Ham, Peas, Fruit Cocktail	Pancakes, Hash Brown, Sausage, Watermelon	Beef Lasagna, Green Beans, Peaches	Chicken Nuggets, Broccoli, Pears
Age Appropriate Substitute					
<i>PM Snack</i>	Blueberry Crackers	Cheese Itz Milk	Cornbread w/Honey Butter	Yogurt & Oranges	Soft Pretzel, Milk
Age Appropriate Substitute					

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Centers may substitute food items, as necessary.



Menu for Week Oct 9-13

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>AM Snack</i>	English Muffin w/ Cheese	Blueberry Muffins Milk	Club Crackers Cheese	Cheez Its Apple slices	Strawberry Bagels Milk
Age Appropriate Substitute					
<i>Lunch</i>	Pasta w/ Meat Sauce, Broccoli, Bananas	Chicken & Noodles, Carrots, Oranges	Cheese Tortellini, Peas, Pineapple	Pepperoni Pizza, Green Beans, Pears	Chicken Sandwich, French Fries, Applesauce
Age Appropriate Substitute					
<i>PM Snack</i>	Goldfish Crackers	Teddy Grahams	Banana Bread	Monkey Bread	Oyster Crackers String Cheese
Age Appropriate Substitute					

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Centers may substitute food items, as necessary.