




Monthly Menu September 2022

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 09/05/22	Center	Closed For Labor Day	
Tuesday 09/06/22	Center	Closed	
Wednesday 09/07/22	Rice Krispy Cereal, Oranges, Milk	Chicken Caesar on Whole Wheat Wrap, Carrots, Fresh Fruit Salad, Milk	Bananas, Milk
Thursday 09/08/22	Corn Muffins, Apple Sauce, Milk	Beef Meatloaf, Mashed Potatoes, Broccoli, Whole Wheat Bread, Milk	Cheese & Crackers
Friday 09/09/22	Cheerios, Bananas, Milk	Baked Lasagna, Garden Salad w/ Italian Dressing, Fresh Fruit Salad, Milk	Blueberry Muffins, Milk

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 09/12/22	Raisin Bran Cereal, Apples Milk	Turkey Burgers w/ Cheese on Whole Wheat Bun, Baked Beans, Cantaloupe, Milk	Sun-butter & Carrots Sticks
Tuesday 09/13/22	Pancakes w/ Syrup, Peaches, Milk	Cheese Quesadilla on Whole Wheat Wrap, Roasted Corn, Sour Cream, Salsa, Honeydew, Milk	Oranges, Milk
Wednesday 09/14/22	Life Cereal, Fresh Fruit Salad, Milk	Sweet & Sour Meatballs, Stir Fry Vegetables, Brown Rice, Oranges, Milk	Apples & Cheese
Thursday 09/15/22	Pumpkin Bread, Apple Sauce, Milk	Baked Flounder w/ Lemon Garlic Sauce, Green Beans, Whole Wheat Bread, Cantaloupe, Milk	Honeydew, Milk
Friday 09/16/22	Corn Flakes, Honeydew, Milk	Cheese Pizza w/ Broccoli, Mixed Vegetables, Fresh Fruit Salad, Milk	Sweet Potato Muffins, Milk

Monthly Menu for September 2022

Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 09/19/22	Cheerios, Pears, Milk	BBQ Chicken, Mashed Potatoes, Peas, Whole Wheat Bread, Milk	Pumpkin Muffins, Milk
Tuesday 09/20/22	French Toast w/ Powder Sugar, Apple Sauce, Milk	Turkey Tacos, Hard & Soft Shell, (Lettuce, Shredded Cheese, Salsa) Cantaloupe, Milk	Bananas, Milk
Wednesday 09/21/22	Rice Krispy Cereal, Oranges, Milk	Baked Haddock w/ Creamy Parmesan Sauce, Roasted Carrots, Brown Rice, Tropical Fruit Salad, Milk	Apples & Sun-butter
Thursday 09/22/22	Oatmeal, Raisins, Milk	Veggie Burgers on Whole Wheat Bun, Sweet Potato Wedges, Oranges, Milk	Honeydew, Milk
Friday 09/23/22	Life Cereal, Bananas, Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Apples, Milk	Cantaloupe w/ Yogurt

Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 09/26/22	Corn Flakes, Apples, Milk	Beef Chili w/ Beans, Sweet Corn Bread, Cantaloupe, Milk	Cheese & Crackers
Tuesday 09/27/22	Bagels w/ Cream Cheese, Tropical Fruit Salad, Milk	Baked Flounder, Mixed Vegetables, Whole Wheat Bread, Oranges, Milk	Apples, Milk
Wednesday 09/28/22	Kix Cereal, Pears, Milk	Chicken Alfredo w/ Bowtie Pasta, Broccoli, Honeydew, Milk	Raisin Bran Muffins, Milk
Thursday 09/29/22	Pumpkin Cinnamon Pancakes, Apple Sauce, Milk	Turkey Burgers on Whole Wheat Bun, Potato Wedges, Apples, Milk	Carrot Sticks w/ Greek Yogurt Ranch Dip
Friday 09/30/22	Cheerios, Oranges, Milk	Baked Mac & Cheese, Carrots, Tropical Fruit Salad, Milk	Sweet Potato Muffins, Milk

Additional Information

Vegetarian Substitution: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad

Infant Class Substitution: Sun-butter, Apples, Oranges will be replaced with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr old: 1% Low Fat

