


# September

2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
*Children up to 3 years old receive whole milk*				1 B- banana, rice crispies, 1% low fat milk L-tacos, lettuce and tomato, veget. beans, soft taco shell, 1% low fat milk INF- zucchini S-cantaloupe, yogurt, water	2 B-nectarine, English muffin, 1% low fat milk L-pizza bagel, salad, plum, 1% low fat milk INF-peas and carrots S-strawberries, choc. chip cookies, ice cream, water	3
<b>ALTERNATIVES:</b> Cheese sandwich, yogurt, cream cheese & jelly sandwich, hard boiled egg 4	5 CLOSED - LABOR DAY-	6 B-orange, cheerios, 1% low fat milk L-hamburger, potato wedges, sliced tomato, bun, 1% low fat milk INF-green beans S-honey dew, pretzel rods, water	7 B-strawberries, French toast, 1% low fat milk L-baked ziti, salad, plum, ½ whole wheat bread. 1% low fat milk INF-zucchini S-1% low fat milk, blueberry muffin SA-fruit	8 B-banana, corn flakes, 1% low fat milk L-turkey wrap, cole slaw, nectarine, soft taco wrap, 1% low fat milk INF-peas and carrots S-grape juice, raisin bread, jam	9 B-apple, bagel, 1% low fat milk L-fish filet, corn on the cob, cucumber, wheat bun, 1% low fat milk INF-grill cheese, fruit, broccoli S-plum, oatmeal cookies, water	10
11	12 B-orange, rice crispies, 1% low fat milk L-ravioli, salad, ½ wheat bread, plum, 1% low fat milk INF-broccoli blend S-watermelon, graham crackers, water	13 B-strawberries, pancakes, 1% low fat milk L-tuna, broccoli, apple, dinner roll 1% low fat milk INF-grill cheese S-orange juice, mini bagel, cream cheese	14 B-plums, raisin bagels, 1% low fat milk L-tacos, lettuce and tomato, veget. beans, soft taco shell, 1% low fat milk INF-cooked carrots S-1% low fat milk, corn muffin SA-fruit	15 B-banana, cheerios, 1% low fat milk L-pizza pita, salad, nectarine, 1% low fat milk INF-yellow squash S-strawberries, yogurt, water	16 B-apple, biscuits, 1% low fat milk, jam L-chicken wrap, green beans, sliced tomato, soft taco shell, 1% low fat milk INF-fruit S-cantaloupe, vanilla wafers, water	17
18	19 B-apple, English muffin, 1% low fat milk L-fish filet, potato wedge, cole slaw, wheat bun, 1% low fat milk INF-hamburger, fruit S-honey dew, animal crackers, water	20 B-strawberries, corn flakes, 1% low fat milk L-meatballs, salad, orange, spaghetti, 1% low fat milk INF-green beans S-grape juice, soft pretzel, cheese sauce	21 B-orange, waffles, 1% low fat milk L-grill cheese, broccoli, apples, wheat bread, 1% low fat milk S-1% low fat milk, peach muffin SA-1/2 sand.	22 B-banana, rice crispies, 1% low fat milk L-chicken cacciatore, cooked carrots, cucumber, brown rice, 1% low fat milk INF-fruit S-pineapple chunks, yogurt, water	23 B-peaches, raisin bread, 1% low fat milk L-turkey cheese sand., sliced tomato, pear, whole wheat bread, 1% low fat milk INF-peas and carrots S-1% low fat milk, plum, choc. chip muffin	24
25	26 B-orange, cheerios, 1% low fat milk L-mac and cheese, peas and mushrooms, pear, 1% low fat milk S-1% low fat milk, apple crisp SA-1/2 sand.	27 B-sliced peaches, pancakes, 1% low fat milk L-tuna, salad, broccoli, pita, 1% low fat milk INF- grill cheese, fruit S-cantaloupe, graham crackers, water	28 B-pear, bagel, 1% low fat milk L-grilled chicken, cole slaw, sliced tomato, whole wheat bun, 1% low fat milk INF-cooked carrots S-apple, cheese sticks, ritz, water	29 B-banana, rice crispies, 1% low fat milk L-pizza pita, salad, orange, 1% low fat milk INF-zucchini S-orange juice, raisin bread, jam	30 B-applesauce, French toast. 1% low fat milk L-sloppy joe, corn on the cob, cucumber, bun, 1% low fat milk INF-broccoli blend, fruit S-1% low fat milk, Pear, oatmeal cookie	
