

September 2019



Strawberry Pops



<p>2 Labor Day</p> <p>Center Closed</p>  <p>HAPPY LABOR DAY</p>	<p>3 Breakfast Rice Krispies Sliced Peaches</p> <p>Lunch Chicken Pasta w/Peas and Carrots Fruit Cocktail</p> <p>Snack Ritz Crackers String Cheese</p>	<p>4 Breakfast Pigs in a Blanket Banana</p> <p>Lunch Turkey Sandwich Veggies Cantaloupe</p> <p>Snack Whole Wheat Pita Cucumber Slices</p>	<p>5 Breakfast Homemade French Toast Orange</p> <p>Lunch Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p>Snack Animal Crackers Pears</p>	<p>6 Breakfast Corn Bread Pineapple Tidbits</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Fresh Fruit</p> <p>Snack Apple slices, Soy Butter</p>
<p>9 Breakfast Cheerios Pear Halves</p> <p>Lunch Soft Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Pineapple Chunks</p> <p>Snack Animal Crackers Orange</p>	<p>10 Breakfast Whole Wheat Blueberry Muffin Fresh Banana Slices</p> <p>Lunch Soy Butter & Jelly Sandwich Mixed Vegetables Fruit Cocktail</p> <p>Snack Apple Slices Pretzels</p>	<p>11 Breakfast Whole Wheat Pancakes Peaches</p> <p>Lunch Cheeseburger Macaroni Carrots Applesauce</p> <p>Snack Graham Crackers Yogurt</p>	<p>12 Breakfast Egg & Cheese on Whole Wheat Wrap Cantaloupe</p> <p>Lunch Turkey Bologna Sandwich Green Beans Fresh fruit</p> <p>Snack Salsa Corn Chips</p>	<p>13 Breakfast Whole Wheat English Muffin Banana</p> <p>Lunch Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p>Snack Ritz Crackers Cheese Cubes</p>
<p>16 Breakfast Corn Chex Pineapple Tidbits</p> <p>Lunch Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p>Snack Soy Butter Dip Apple Slices</p>	<p>17 Breakfast Wheat Toast Bananas</p> <p>Lunch Chicken w/ Brown Rice Veggies Applesauce</p> <p>Snack Strawberries Vanilla Yogurt</p>	<p>18 Breakfast Corn Bread Diced Peas</p> <p>Lunch Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p>Snack Wheat Thins Watermelon</p>	<p>19 Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p>Lunch Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p>Snack Trail Mix Grapes</p>	<p>20 Breakfast Whole Wheat English Muffin Apple</p> <p>Lunch Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p>Snack Cheddar Cheese Wheat Crackers</p>

Ingredients:

- 2 cups strawberries
- 3/4 teaspoon lemon juice
- 1 cup Greek yogurt
- 1/2 teaspoon vanilla

Directions:

Puree strawberries and lemon juice in blender.
 Mix yogurt and vanilla together.
 Layer the strawberry puree and the yogurt into four popsicle molds or ice cube trays.
 Freeze until slightly set and then add the stick into mold or ice tray.
 Continue freezing until completely frozen.

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Care a lot
CHILD CARE
"Caring is at the heart of what we do!"



<p><u>23</u> Breakfast Corn Flakes (2gof S) Tangerine</p> <p>Lunch Ravioli & Meat Sauce Broccoli Diced Pears</p> <p>Snack Soft Pretzel Cheddar Cheese</p>	<p><u>24</u> Breakfast Hot Biscuit Fresh Fruit</p> <p>Lunch Chicken with Veggies and Brown Rice Diced Peaches</p> <p>Snack Grapes Goldfish Crackers</p>	<p><u>25</u> Breakfast Mini Quiche Fruit Cocktail</p> <p>Lunch Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p>Snack Wheat Crackers Apple Slices</p>	<p><u>26</u> Breakfast Bagel Peaches</p> <p>Lunch Chicken Nuggets Green Beans Strawberries Whole Wheat Dinner Roll</p> <p>Snack 1/2 Soynut Butter & Jelly Sandwich</p>	<p><u>27</u> Breakfast Cinnamon Wheat Toast Fresh Banana Slices</p> <p>Lunch Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p>Snack Yogurt with Blueberries</p>
<p><u>30</u> Breakfast Rice Krispies Mandarin Orange</p> <p>Lunch Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p>Snack Ritz Crackers String Cheese</p>				

Engaging Children in the Kitchen

Including children in preparing meals is a great way to encourage them to try new foods and make mealtime an enjoyable one. Children of all ages can participate in helping to make meals.

Two Year Old's— rinsing fruits and vegetables, tearing lettuce or greens, snapping green beans, handing items to adults to put away, wiping off tables.

Three Year Old's— adding ingredients, stirring, scooping or mashing, naming and counting foods.

Four Year Old's— peeling fruits and vegetables, setting the table, measuring ingredients, mashing soft fruits, vegetables and beans.

Five Year Old's— measuring liquids, cutting soft fruits with a plastic knife, cracking eggs, reading recipes out loud.

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 2 and up
- Water is offered with snack
- This menu is subject to change



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