

September 2019

Center Closed



3
Breakfast
Whole Grain Waffle
Diced Peaches

Taco Tuesday
Bean and Beef Burrito on Whole Wheat
Tortilla
Apple Wedges

Snack
Mini Rice Cakes
Banana

4
Breakfast
Whole Grain Breakfast Bars
Kiwi

Lunch
Whole Wheat Pasta w/ Chicken
Mixed Vegetables
Grape Halves

Snack
Animal Crackers
Oranges

4
Breakfast
English Muffin
Strawberries

Lunch
Garden Salad w/ Chicken, Cucumbers,
Garbanzo Beans and Carrots
Whole Wheat Roll
Unsweetened Apple Sauce

Snack
Ritz Crackers/cheese stick

5
Breakfast
Yogurt
Cantaloupe

Lunch
Scrambled Eggs
Oven Baked Home Fries
Whole Wheat Roll
Orange Wedges

Snack
Graham Crackers
Apple Wedges

6
Breakfast
Rice Krispies
Pear Slices

Lunch
Soy Nut Butter and Jelly on Whole
Wheat Bread
Carrot Sticks
Oranges

Snack
Whole Wheat Cinnamon Grahams
Cantaloupe Cubes

7
Breakfast
Whole Wheat Bagel
Orange Wedges

Taco Tuesday
Chicken Taco Salad
Whole Wheat Soft Tortilla
Fresh Fruit

Snack
Apple Wedges
Whole Grain Sweet Potato Crisps

8
Breakfast
Multi- Grain Pancakes
Strawberries

Lunch
Cheese Pizza on Whole Wheat Crust
Salad
Grape Halves

Snack
Whole Grain Goldfish
100% Apple Juice

9
Breakfast
Non- Fat Yogurt
Diced Peaches

Lunch
BBQ Chicken Slider
On Wheat Roll
Oven Baked Sweet Potato Fries
Honey Dew Melon

Snack
Whole Grain Cheez-Its
String Cheese

10
Breakfast Bar
Corn Flakes
Banana

Lunch
Whole Wheat Pasta w/ Ground Beef in a
Vegetable Marinara Sauce
Apple Slices

Snack
Whole Wheat Pretzels
Unsweetened Apple Sauce

11
Breakfast
Whole Grain Toasted O's
Banana

Lunch
Turkey Hot Dog
Wheat Roll
Baked Beans
Pear

Snack
Whole Wheat Pita Bread
Hummus

12
Breakfast
English Muffin
Orange Wedges

Taco Tuesday
Soft Chicken Taco w/ Lettuce & Cheese
Fresh Fruit

Snack
Whole Grain Graham Crackers
100% Grape Juice

13
Breakfast
Whole Grain Waffle
Pineapple

Lunch
Broccoli Cheddar Mac
Honeydew

Snack
Mini Rice Cakes
Fruit Cup
(in natural juice: no corn syrup)

14
Breakfast
Non-Fat Yogurt
Apple Wedges

Lunch
Whole Wheat Turkey Roll-Up
Cauliflower Florets
Cantaloupe

Snack
Whole Wheat Crackers
Cheddar Cubes

15
Breakfast
Whole Grain Breakfast Bar
Banana

Lunch
Oven- Baked Chicken Tenders
Whole Wheat Roll,
Carrots
Fresh Fruit

Snack
Whole Wheat Pretzels
Apple Wedges

16

Breakfast

Whole Grain Breakfast Bar
Banana

Lunch

Hamburger Slider on a Wheat Roll
Sweet Potato Fries
Pears

Snack

Apple Wedges
Soy Nut Butter

23

Breakfast

Whole Grain Waffle
Diced Peaches

Taco Tuesday

Bean and Beef Burrito on Whole Wheat
Tortilla
Apple Wedges

Snack

Mini Rice Cakes
Banana

30

Breakfast

Whole Wheat Bagel
Orange Wedges

Taco Tuesday

Chicken Taco Salad
Whole Wheat Soft Tortilla
Fresh Fruit

Snack

Apple Wedges
Whole Grain Sweet Potato Crisps

17

Breakfast

Whole Grain Toasted O's
Oranges

Lunch

Chicken Nuggets
Green Beans
Pear Slices

Snack

String Cheese
Whole Grain Vegetable Crackers

24

Breakfast

Whole Grain Breakfast Bars
Kiwi

Lunch

Whole Wheat Pasta w/ Chicken
Mixed Vegetables
Grape Halves

Snack

Animal Crackers
Oranges

18

Breakfast

Whole Grain Waffle
Diced Peaches

Taco Tuesday

Bean and Beef Burrito on Whole Wheat
Tortilla
Apple Wedges

Snack

Mini Rice Cakes
Banana

25

Breakfast

English Muffin
Strawberries

Lunch

Garden Salad w/ Chicken, Cucumbers,
Garbanzo Beans and Carrots
Whole Wheat Roll
Unsweetened Apple Sauce

Snack

Ritz Crackers/cheese stick

19

Breakfast

Whole Grain Breakfast Bars
Kiwi

Lunch

Whole Wheat Pasta w/ Chicken
Mixed Vegetables
Grape Halves

Snack

Animal Crackers
Oranges

26

Breakfast

Yogurt
Cantaloupe

Lunch

Scrambled Eggs
Oven Baked Home Fries
Whole Wheat Roll
Orange Wedges

Snack

Graham Crackers
Apple Wedges

20

Breakfast

Yogurt
Cantaloupe

Lunch

Scrambled Eggs
Oven Baked Home Fries
Whole Wheat Roll
Orange Wedges

Snack

Graham Crackers
Apple Wedges

27

Breakfast

Rice Krispies
Pear Slices

Lunch

Soy Nut Butter and Jelly on Whole Wheat
Bread
Carrot Sticks
Oranges

Snack

Whole Wheat Cinnamon Grahams
Cantaloupe Cubes

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
breakfast and lunch to all ages.

In accordance with Federal law and U.S.
Department of Agriculture (USDA) civil
rights regulations and policies, this institu-
tion is prohibited from discriminating on
basis of race, color, national origin, sex,
age, disability, and reprisal or retaliation
for prior civil rights activity. (Not all pro-
hibited bases apply to all programs)