



Breakfast & Snack



September, 2019




9/2 ***** CLOSED FOR LABOR DAY *****	9/3 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/4 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	9/5 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
9/9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/11 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/17 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	9/18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9/20 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
9/23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/25 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches				

+ Whole grain



Lunch September, 2019



9/2 ***** CLOSED FOR LABOR DAY *****	9/3 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	9/4 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	9/5 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	9/6 *Lasagna Tossed salad Fresh fruit
9/9 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	9/10 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	9/11 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/12 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	9/13 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
9/16 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	9/17 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	9/18 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	9/19 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	9/20 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
9/23 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	9/24 +*Whole grain pizza Garden salad Fresh fruit	9/25 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit	9/26 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	9/27 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
9/30 Chicken Alfredo with tri-color pasta Salad Fresh fruit		~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch

*Vegetarian meal
 +Whole grain



Vegetarian Lunch



September, 2019



9/2 ***** CLOSED FOR LABOR DAY *****	9/3 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	9/4 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	9/5 +#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	9/6 Lasagna Tossed salad Fresh fruit
9/9 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	9/10 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	9/11 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	9/12 Gardenburger Bean medley +Whole wheat roll Fresh fruit	9/13 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
9/16 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	9/17 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	9/18 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	9/19 +#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	9/20 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
9/23 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	9/24 +Whole wheat pizza Garden salad Fresh fruit	9/25 Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit	9/26 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	9/27 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
9/30 Tri-color pasta alfredo Salad Fresh fruit				

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan