



September 2021 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Notes
<p>SEPTEMBER</p>  <p>KIDS CAN IN THE KITCHEN: When kids help make foods, they're more likely to try new foods.</p> <p>Show kids how to: Measure grains & liquids Package cooked grains in the freezer Count minutes during cooking Name all of the cooking utensils and ingredients while creating your meal</p>	30	31	1	2	3	Green squares indicate daily vegetarian entrée.
	Cheese Tortellini with Rosa Crema Sauce	Roasted Chicken with Gravy	Vegetarian Bean Chili	Chicken Pasta Alfredo	Grilled Cheese Sandwich	
	Cheese Tortellini with Rosa Crema Sauce	Veggie Meatballs with Veggie Gravy	Vegetarian Bean Chili	Pasta Alfredo	Grilled Cheese Sandwich	
	Green Beans Cantaloupe Milk	Roasted Potatoes Zucchini Pineapple Milk	Cucumber with Ranch Cran Apple Sauce Milk	Zucchini Mango Milk	Tomato Soup Honeydew Milk	Our produce is >75% locally sourced
	6	7	8	9	10	
		Oven Roasted Turkey Breast with Gravy Veggie Patty with Veggie Gravy Diced Sweet Potatoes Broccoli Applesauce Milk	Cheese Pizza Cheese Pizza Cucumber with Ranch Dip Mango Milk	Veggie Meatballs with Tomato Sauce Veggie Meatballs with Tomato Sauce Veggie Orzo Cauliflower Honeydew Milk	Bean & Cheese Burrito Bean & Cheese Burrito Green Beans Cantaloupe Milk	
	13	14	15	16	17	Soy milk is available upon request
	Turkey Sloppy Joe on Whole Wheat Bun	Herb Chicken with Gravy	Spaghetti with Beef Bolognese Sauce	Cheese Quesadillas	Veggie Lasagna	
	Veggie Sloppy Joe on a Whole Wheat Bun	Veggie Meatballs with Vegetarian Gravy	Spaghetti with Tomato Basil Marinara Sauce	Cheese Quesadillas	Veggie Lasagna	
	Carrots Honeydew Milk	Spinach with Ranch Mango Milk	Zucchini Cran Apple Sauce Milk	Peas Cantaloupe Milk	Broccoli Pineapple Milk	Amgen Dining Commitment: Poultry without routine use of human antibiotics & sourcing rBGH-free milk & yogurt.
	20	21	22	23	24	
	Turkey Chili Mac & Cheese	Chicken Tenders	French Toast Sticks with Strawberry Sauce	Grilled Cheese Sandwich	Baked Ziti Pasta with Marinara Sauce	
	Veggie Crumble Mac & Cheese	Veggie Patty w/Cheese	French Toast Sticks w/Strawberry Sauce & Veggie Patty	Grilled Cheese	Baked Ziti Pasta with Marinara Sauce	*In the event you determine that your child(ren) is or maybe allergic to any menu items, please contact Bright Horizon immediately at ext 78816. Parents are responsible for providing alternative menu for their child(ren)
	Green Beans Mango Milk	Zucchini with Ranch Cantaloupe Milk	Turkey Sausage Carrots Pineapple Milk	Tomato Soup Honeydew Milk	Cucumber with Ranch Applesauce Milk	
	27	28	29	30	1	
Chicken Pasta Alfredo	Cheese Quesadillas	Brown Rice Stir Fry with Chicken	Cheese Ravioli with Tomato Basil Marinara	Turkey Sliders		
Pasta Alfredo	Cheese Quesadillas	Veg Brown Rice Stir Fry with Tofu	Cheese Ravioli with Tomato Basil Marinara	Veggie Sliders		
Peas Mango Milk	Spinach with Ranch Pineapple Milk	Bok Choy Cantaloupe Milk	Cauliflower Honeydew Milk	Yellow Squash with Ranch Applesauce Milk		

Menu is subject to change without notice based on food availability.

* This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact Cindy Fisher at ext 78816. Upon your request, you will receive a complete list of ingredients for each menu item requested.