

# September 2018



Vegetarian meal options available  
 Fresh fruits and vegetables served daily  
 Whole milk served to infants and toddlers  
 1% milk served to young preschool, preschool, and kindergarten prep  
 All meals served family style



## Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Center Closed</b>	4 Oatmeal Raisins ----- Oranges Pretzels	5 Mini Bagels Cream Cheese ----- Apple Sunflower Butter	6 Tortillas & Sunflower Butter Roll Banana ----- Mix Fruit Raisins	7 Banana Bread ----- Graham Crackers Watermelon
10 Drop Biscuits Jelly ----- String Cheese Pretzels	11 Baked Apples Oatmeal ----- Nut Free Trail Mix Strawberries	12 Yogurt, Granola & Melon ----- Wafers Oranges	13 English Muffin, Turkey Bacon & Cheese/ Vegetarian Bacon, English Muffin & Cheese ----- Apple, Raisins Sun Butter	14 Cream of Wheat Raisins ----- Watermelon Crackers
17 Banana , Raisins & Oatmeal ----- Apple, Pear, & Cucumber Salad Breadstick	18 Pancakes Syrup ----- Pinwheels V-Tortilla & Cheese	19 Mixed Berry Yogurt Bark Graham Crackers ----- Apples, Wafers & Cheese	20 Apple Sauce Graham Crackers ----- Melon Goldfish	21 Pigs in a Blanket V- Veg Sausage in a Blanket ----- Strawberry & Cream Cheese Roll Up
24 Sunflower Butter & Jam Tortilla Roll Up ----- Mixed Fruit Crackers	25 Turkey Sausage/Vegetarian Sausage Hash Browns ----- Strawberries Pretzels	26 Oatmeal Raisins ----- Oranges Wafers	27 English Muffin, Turkey Bacon & Cheese/ Vegetarian Bacon, English Muffin & Cheese ----- Watermelon Graham Crackers	28 Cinnamon Toast Strawberries ----- Apples String Cheese

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# Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3  <b>Center Closed</b>	4 Ground Beef Taco Meat V-Veggie Tacos Corn Tortilla, Pico De Gallo Shredded Lettuce & Cheddar Cheese Spanish Rice & Refried Beans Bananas	5 Macaroni & Cheese Focaccia Bread Sticks Pineapple	6 Grilled Lime Cilantro Chicken Vegan Meatless Chunks Jasmine Rice Sliced Zucchini Strawberries	7 Grilled Cheese Tomato Soup Sauté Veggies Honeydew
10 Chicken Nuggets Vegan Meatless Chunks Mashed Potatoes Brown Gravy Corn Strawberries	11 Cheese Ravioli Bolognaise Sauce Marinara Sauce Focaccia Bread Sticks Veggies Watermelon	12 Beef Stroganoff V-Portobello Stroganoff Egg Noodles Carrots & Peas Bananas	13 Hamburger on Wheat Bun V-Garden Burger Baked Potato Wedges Carrots Pineapple	14 Orange Chicken V- Edamame Nuggets Vegetable Chow Mein Noodles Honeydew
17 Macaroni Marinara Sauce Focaccia Bread Sticks Grilled Zucchini Cantaloupe	18 Turkey Black Bean Chili Roasted Zucchini Roll Vegetarian Lentil Soup Strawberries	19 Chicken Nuggets V-Vegan Meatless Chunks Cauliflower Mashed Cream Corn Pineapple	20 Grilled Chicken V- Tofu Curry Sauce Brown Rice House Fresh Vegetable Bananas	21 Hamburger V- Garden Burger Baked Potato Wedges Carrots Watermelon
24 Cheese Ravioli Marinara Sauce Bread Stick Vegetables Cantaloupe	25 Grilled Chicken V-Vegan Meatless Chunks Couscous Primavera Seasonal Veggies Honeydew	26 Cheese Pizza Diced Carrots and Peas Strawberries	27 Chicken Fajitas V-Vegan Meatless Chunks Spanish Rice Refried Beans Pineapple	28 Boneless Chicken Wing V- Edamame Nugget Mixed Veggies Bananas