

SEPTEMBER 2023 Menu



Whole milk for children under 2 years; 1% milk for children over 2 years

Water is offered throughout the day and at meals

Fresh Fruit Options: Apples, Bananas, Oranges, Pears, Grapes, Berries, Melon

Cereal Options: Chex, Cheerios, Corn Flakes, Rice Krispies, Raisin Bran

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B Cereal, Fruit, Milk S Graham Crackers, Soy Butter, Fruit, Water
4 	5 B Cereal, Fruit, Milk S Trail Mix, Fruit, Water	6 B English Muffin, Fruit, Milk S Wheat Thins, Fruit, Milk	7 B Cereal, Fruit, Milk S Soy Butter & Jelly Roll-up, Milk	8 B French Toast Sticks, Fruit, Milk S Goldfish Crackers, Fruit, Water
11 B Cereal, Fruit, Milk S Veggie Straws, Fruit, Water	12 B Toast, Fruit, Milk S String Cheese, Crackers, Water	13 B Cereal, Fruit, Milk S Cucumbers, Carrots, Crackers, Water	14 B Fruit and Yogurt Parfait, Water S Cheese Crackers, Fruit, Water	15 B Cereal, Fruit, Milk S Trail Mix, Fruit, Water
18 B Waffles, Fruit, Milk S Graham Crackers, Fruit, Milk	19 B Cereal, Fruit, Milk S Cucumbers, Carrots, Crackers, Water	20 B Oatmeal, Fruit, Milk S Wheat Thins, Fruit, Water	21 B Cereal, Fruit, Milk S Trail Mix, Fruit, Water	22 B Pancakes, Fruit, Milk S Animal Crackers, Fruit, Water
25 B Cereal, Fruit, Milk S Fruit Salad, Crackers, Water	26 B Yogurt, Granola, Fruit, Water S Veggie Straws, Fruit, Water	27 B Cereal, Fruit, Milk S Cheese Crackers, Fruit, Water	28 B English Muffin, Fruit, Milk S Crackers, Cheese, Fruit, Water	29 B Cereal, Fruit, Milk S Graham Crackers, Soy Butter, Milk