

SEPTEMBER 2022 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
 Cereal Options: Chex, Cheerios, Corn Flakes, Rice Krispies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B Yogurt, Granola, Fruit, Water S Animal Crackers, Fruit, Milk	2 B Oatmeal, Fruit, Milk S Graham Crackers, Soy Butter, Milk
5 	6 B Cereal, Fruit, Milk S Cheese Crackers, Fruit, Water	7 B English Muffin, Fruit, Milk S Veggie Straws, Fruit, Water	8 B Cereal, Fruit, Milk S Goldfish, Raisins, Milk	9 B French Toast Sticks, Fruit, Milk S Wheat Thins, Fruit, Milk
12 B Cereal, Fruit, Milk S Cucumbers, Carrots, Crackers, Water	13 B Pancakes, Fruit, Milk S Whole Grain Tortilla Chips, Salsa, Milk	14 B Cereal, Fruit, Milk S Graham Crackers, Soy Butter, Milk	15 B Waffles, Fruit, Water S Trail Mix, Fruit, Water	16 B Cereal, Fruit, Milk S Animal Crackers, Fruit, Milk
19 B Yogurt, Granola, Fruit, Water S Simply Chex, Fruit, Water	20 B Cereal, Fruit, Milk S Cheese Crackers, Fruit, Water	21 B French Toast Sticks, Fruit, Milk S String Cheese, Crackers, Water	22 B Cereal, Fruit, Milk S Veggie Straws, Fruit, Milk	23 B Toast, Fruit, Milk S Graham Crackers, Soy Butter, Milk
26 B Cereal, Fruit, Milk S Wheat Thins, Fruit, Water	27 B Oatmeal, Fruit, Milk S Trail Mix, Fruit, Milk	28 B Cereal, Fruit, Milk S Soy Butter & Jelly Roll-up, Milk	29 B Pancakes, Fruit, Milk S Cucumbers, Carrots, Crackers, Water	30 B Cereal, Fruit, Milk S Cheese Crackers, Fruit, Water