MONTHLY MENU - September

Week 1 Labor Day Closed Celery Sticks Fruit Bread/Milk Bread/Mi					IVICIALITIES IVILIAO	September
Whole wheat crackers		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crackers Crackers Crackers Crackers Crackers		Juice, stone ground	Juice, stone ground	Juice, stone ground	Juice, stone ground	Juice, stone ground
Chicken Nuggets Sloppy Joes Beef Veggie Soup Stuffed Peppers	10 A.M. Snack	whole wheat	whole wheat	whole wheat	whole wheat	whole wheat
Labor Day Closed Celery Sticks Fruit Bread/Milk Carrot Sticks Fruit Bread/Milk Neek 2 Meatballs w/gravy Potatoes Green Beans Salad, Carrot Sticks Tomato/Fruit Bread/Milk Bread/Milk Bread/Milk Bread/Milk Neek 3 Mac-N-Cheese Hamburger Hot Dish Broccoli Hot Carrot Broccoli Hot Carrot Bread/Milk		crackers	crackers	crackers	crackers	crackers
Closed Celery Sticks Fruit Fruit Fruit Fruit Fruit Protection Fruit Bread/Milk Bread/Milk Crackers/Milk Bread/Milk Week 2 Meatballs w/gravy Potatoes Cauliflower Broccoli Hot Carrots Sweet Potatoes Green Beans Salad, Carrot Sticks Cucumbers Celery Sticks Carrot Sticks Tomato/Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Milk Bread/Milk Bread/	Week 1		Chicken Nuggets	Sloppy Joes	Beef Veggie Soup	Stuffed Peppers
Fruit Bread/Milk Bread/Milk Crackers/Milk Bread/Milk Week 2 Meatballs w/gravy Spaghetti Beef & Noodles Italian Chicken Turkey Potatoes Cauliflower Broccoli Hot Carrots Sweet Potatoes Green Beans Salad, Carrot Sticks Cucumbers Celery Sticks Carrot Sticks Tomato/Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Milk Bread/Milk Bread/Milk Rice,Bread/Milk Bread/Milk Brea		Labor Day	Green Beans	Broccoli	Hot carrots	Peas
Bread/Milk Bread/Milk Crackers/Milk Bread/Milk		Closed	Celery Sticks	Cucumbers	Tomato	Carrot Sticks
Week 2 Meatballs w/gravy Potatoes Spaghetti Cauliflower Beef & Noodles Broccoli Italian Chicken Turkey Green Beans Green Beans Green Beans Ground Fruit Fruit Fruit Milk Fruit			Fruit	Fruit	Fruit	Fruit
Potatoes Cauliflower Broccoli Hot Carrots Sweet Potatoes Green Beans Salad, Carrot Sticks Cucumbers Celery Sticks Carrot Sticks Tomato/Fruit Fruit Fruit Fruit Fruit Fruit Milk Bread/Milk Bread/Milk Rice,Bread/Milk Bread/Milk Week 3 Mac-N-Cheese Hamburger Hot Dish Taco Salad Hawaiian Chicken Pizza Muffin UNCH Broccoli Hot Carrots Cauliflower Green Beans Peas Carrot Sticks Celery Sticks Tomato Wedges Cucumbers Carrot Sticks Fruit Fruit Fruit Fruit Fruit Fruit Fruit Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit			Bread/Milk	Bread/Milk	Crackers/Milk	Bread/Milk
Green Beans Tomato/Fruit Fruit Bread/Milk Week 3 Mac-N-Cheese Hamburger Hot Dish Hot Carrots Cauliflower Green Beans Peas Carrot Sticks Celery Sticks Tomato Wedges Cucumbers Carrot Sticks Fruit	Week 2	Meatballs w/gravy	Spaghetti	Beef & Noodles	Italian Chicken	Turkey
Tomato/Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Milk Bread/Milk Bread/Milk Rice,Bread/Milk Bread/Milk Reek 3 Mac-N-Cheese Hamburger Hot Dish Taco Salad Hawaiian Chicken Pizza Muffin UNCH Broccoli Hot Carrots Cauliflower Green Beans Peas Carrot Sticks Celery Sticks Tomato Wedges Cucumbers Carrot Sticks Fruit Fruit Fruit Fruit Fruit Fruit Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Potatoes	Cauliflower	Broccoli	Hot Carrots	Sweet Potatoes
Milk Bread/Milk Bread/Milk Rice,Bread/Milk Bread/Milk Meek 3 Mac-N-Cheese Hamburger Hot Dish Taco Salad Hawaiian Chicken Pizza Muffin UNCH Broccoli Hot Carrots Cauliflower Green Beans Peas Carrot Sticks Celery Sticks Tomato Wedges Cucumbers Carrot Sticks Fruit Fruit Fruit Fruit Fruit Fruit Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Meek 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Green Beans	Salad, Carrot Sticks	Cucumbers	Celery Sticks	Carrot Sticks
Meek 3 Mac-N-Cheese Hamburger Hot Dish Taco Salad Hawaiian Chicken Pizza Muffin Broccoli Hot Carrots Cauliflower Green Beans Peas Carrot Sticks Celery Sticks Tomato Wedges Cucumbers Carrot Sticks Fruit Fruit Fruit Fruit Fruit Fruit Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Tomato/Fruit	Fruit	Fruit	Fruit	Fruit
LUNCH Broccoli Carrot Sticks Celery Sticks Fruit Bread/Milk Meek 4 Grilled Cheese Tomaato Soup Carrot Sticks Tomato Wedges Fruit Bread/Milk Meatloaf Froit Froi		Milk	Bread/Milk	Bread/Milk	Rice,Bread/Milk	Bread/Milk
Carrot Sticks Fruit Bread/Milk Fruit Fruit Bread/Milk Fruit	Week 3	Mac-N-Cheese	Hamburger Hot Dish	Taco Salad	Hawaiian Chicken	Pizza Muffin
Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit	LUNCH	Broccoli	Hot Carrots	Cauliflower	Green Beans	Peas
Bread/Milk Bread/Milk Bread/Milk Rice,Bread/Milk Milk Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Carrot Sticks	Celery Sticks	Tomato Wedges	Cucumbers	Carrot Sticks
Week 4 Grilled Cheese Mostaccioli w/ Meatloaf Garlic Chicken Fish Sticks Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Fruit	Fruit	Fruit	Fruit	Fruit
Tomaato Soup Meatballs Potatoes, Celery Noodles Cauliflower Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Bread/Milk	Bread/Milk	Bread/Milk	Rice,Bread/Milk	Milk
Carrot Sticks Peas, Cucumbers Hot Carrots Broccoli Carrot Sticks Fruit Fruit Fruit Tomato Wedges/Fruit Fruit	Week 4	Grilled Cheese	Mostaccioli w/	Meatloaf	Garlic Chicken	Fish Sticks
Fruit Fruit Fruit Tomato Wedges/Fruit Fruit		Tomaato Soup	Meatballs	Potatoes, Celery	Noodles	Cauliflower
3 ,		Carrot Sticks	Peas, Cucumbers	Hot Carrots	Broccoli	Carrot Sticks
Milk Bread/Milk Bread/Milk Bread/Milk Bread/Milk		Fruit	Fruit	Fruit	Tomato Wedges/Fruit	Fruit
		Milk	Bread/Milk	Bread/Milk	Bread/Milk	Bread/Milk
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TODDLERS:UNDER 24 MONTHS

Vegetables are steamed &
cut up in bite-size pieces to
be served with lunch or
snack.

Whole milk will be served at lunch to children under the age of 24 months.

No popcorn, raisins, corn kernels, raw carrots, whole grapes, nuts, seeds, raw peas, or peanut butter will be served to children under the age of 24 months.

Mixed vegetables will be repleaced with green beans for children under the age of 24 months

All juice is 100% juice: Juice choices are: pineapple, orange, grape and apple