

CHEF PREPARED MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>a.m. Warm Cinnamon *Apples & Graham Crackers Vegetable Soup Toasted Cheese Sandwich Peas Bananas</p> <p>p.m. English Muffins w/ Sun butter & Bananas Slices</p>
				<p>4</p> 
<p>11</p> <p>a.m. Bagels w/ Sun Butter Cod Filet Tacos On Corn Tortillas Coleslaw Peaches</p> <p>p.m. Cheese Slices & Whole Wheat Crackers</p>	<p>12</p> <p>a.m. Sausage Biscuit Spaghetti w/ Ground Turkey & Marinara Garlic Bread Mixed Vegetables Apple Sauce</p> <p>p.m. English Muffin Cheese & Pepperoni Slices</p>	<p>13</p> <p>a.m. Yogurt & Granola Meatloaf & Mashed Potatoes Wheat Bread Corn Mixed Fruit</p> <p>p.m. *Apple Slices & Animal Crackers</p>	<p>14</p> <p>a.m. Pancakes w/ Banana Slices Chicken Noodle Casserole Garlic Bread *Tomato & Cheese Salad w/ Low Fat Ranch *Fresh Melon</p> <p>p.m. Bananas & Pretzel</p>	<p>15</p> <p>a.m. Peaches & Cottage Cheese Veggie Stir fry W/ Brown Rice Snap Peas Mandarin Oranges</p> <p>p.m. Sun Butter & Jam Sandwich Squares</p>
<p>18</p> <p>a.m. Whole Grain Waffles & Berries Whole Wheat Fettuccine Alfredo W/Grilled Chicken Garlic Bread Asparagus Pineapple</p> <p>p.m. Pita Bread & Hummus</p>	<p>19</p> <p>a.m. Biscuits & Fruit Chicken Noodle Soup Toasted Pita Bread Cauliflower Pears</p> <p>p.m. Cheese Itz Crackers & Carrots</p>	<p>20</p> <p>a.m. Wheat Cheese Toast Ham, Potato & Veggie Bake Wheat Bread Zucchini & Squash Mandarin Oranges</p> <p>p.m. Sun butter & Jam Sandwich Squares</p>	<p>21</p> <p>a.m. Cinnamon Toast & Fruit Chicken and *Broccoli Pasta Garlic Bread Peas & Carrots Mixed Fruit</p> <p>p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>22</p> <p>a.m. Pancakes w/ Banana Slices Pinto Bean Chili w/ Corn Bread *Tomato & Cheese Salad w/ Low Fat Italian *Apple Slices</p> <p>p.m. Cheese & *Tomato Quesadilla</p>
<p>25</p> <p>a.m. Chex Cereal & Fruit Green Chile Chicken Casserole Spanish Rice Asparagus Pineapple</p> <p>p.m. Cheese Itz Crackers & Carrots</p>	<p>26</p> <p>a.m. Muffins & Berries Lite Chicken Divan Wheat Bread Corn & Fresh *Tomato Pears</p> <p>p.m. Animal Crackers & Cucumber Slices</p>	<p>27</p> <p>a.m. Wheat Cheese Toast Lasagna Bake Garlic Bread *Broccoli Mandarin Oranges</p> <p>p.m. *Fresh Melon & Crackers</p>	<p>28</p> <p>a.m. English Muffins & Sun Butter Chicken Chili W/ Brown Rice Carrots *Apple Slices</p> <p>p.m. *Apples & Cheese Slices</p>	<p>29</p> <p>a.m. Warm Cinnamon *Apples & Graham Crackers *Broccoli Cheese Soup Toasted Pita Bread Peas Bananas</p> <p>p.m. English Muffins w/ Sun butter & Bananas Slices</p>



September
2023

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

* **Indicates local Farm Fresh Options**

