



September Menu



Child and Family Centers of Excellence

Lunch 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seasoned Baked Chicken Breast ²⁹ On WG Bun w/Mayo Mozzarella Cheese Summer Squash w/Dip Pineapple Milk 1%	Baked Breaded Pork Cutlet ³⁰ Sweet Potato Tots/Wedges Ketchup WG Bun Fresh Fruit Milk 1%	Unbreaded Italian ³¹ Chicken Striips WG Macaroni & Cheese Raw Vegetables w/Dip Fresh Fruit Milk 1%	Fish Wedge/Popcorn/Nugget 1 WG Dinner Roll Slaw Mix w/Dressing or Coleslaw Fresh Fruit Milk 1%	WG Tortilla Shell or Bun 2 Sliced Turkey, Sliced Cheese, Mayo, Shredded Lettuce & Sliced Tomato, Pickle Spears Assorted Fresh Fruit Salad Milk 1%
Riblet w/BBQ Sauce 5 Baked Beans WG Dinner Roll Fruit Milk 1%	MG Tortilla w/ Plain 6 Chicken Strips Un-breaded Cheese Slices, Cucumber, and Tomato Slices, Mayo Fruit Milk 1%	Meatball Sub on WG Bun 7 Mozzarella Cheese California Vegetables Fruit Milk 1%	Chicken Breast 8 Corn and Lima Beans WG Dinner Roll Fruit Milk 1%	Fish Sandwiches w/Cheese 9 on WG Bun Tartar Sauce Steamed Carrots Fresh Cut Fruit Salad Milk 1%
Cheeseburger w/Ketchup 12 WW Enriched Buns Pickle Slices– Broccoli Fruit Milk 1%	Chicken Taco 13 Shredded Lettuce, Diced Tomato Shredded Cheese, Salsa MG Tortilla Shell Fruit Milk 1%	Warm Ham Slices 14 Sweet Potato Pieces w/Ketchup Enriched WG Bread Fruit Milk 1%	Seasoned Chicken Breast 15 Spanish Rice Garden Salad w/ Dressing Fruit Milk 1%	Italian Sausage WG Pasta 16 Marinara Casserole Italian Blend Vegetables Fresh Fruit Salad Milk 1%
Grilled Garlic Herb 19 Chicken Breast WW Dinner Roll Peas Fruit Milk 1%	Turkey in Gravy 20 Mashed Potato WG Roll Corn Fruit Milk 1%	WG Lasagna Roll Up 21 In Marinara Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1%	Roast Beef in Gravy 22 Oven Enriched Brown Rice Beets Fruit Milk 1%	WG Flat Bread/Focaccia 23 Turkey Pepperoni Cheese Or BBQ Chicken Pizza Raw Vegetables w/Ranch Cut Fruit Milk 1%
Sloppy Joes 26 WG Sliced Slammer Bun Steamed Carrots Fruit Milk 1%	Chicken Tenders w/Sauce 27 WG Dinner Roll Green Beans Fruit Milk 1%	Fish Nugget-Fillet 28 w/Tartar Sauce Healthy Slaw Mix w/Dressing on Side WW Bun Fruit Milk 1%	Chicken Thigh in Gravy 29 Enriched Long Grain & Wild Rice Spring Salad w/Dressing Fruit Milk 1%	Sliced Turkey & Cheese 30 On WW Bun Sliced Tomato, Pickles, Mayo Homemade Soup Chicken Veggie, Cream Tomato, Potato Corn Chowder Fruit Milk 1%

Whole Milk for 24 Months and Under



September Menu



Child and Family Centers of Excellence

Breakfast/Snacks 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WG Pancakes w/Syrup ²⁹ Fruit Milk 1%</p> <hr/> <p>WG Crackers Fruit Milk 1%</p>	<p>Chicken/Turkey Sausage ³⁰ WG Bun Fruit Milk 1%</p> <hr/> <p>WG Muffins Fruit Milk 1%</p>	<p>WG Toast w/ Spread ³¹ Omelet Fruit & Milk 1%</p> <hr/> <p>WG Crackers Fruit Milk 1%</p>	<p>WW Rice Krispies 1 Fruit Milk 1%</p> <hr/> <p>Medley/Harvest Cheese Sticks Fruit Milk 1%</p>	<p>WW Bread w/Spread 2 Fruit Milk 1%</p> <hr/> <p>WG Cereal snack Mix Fruit Water</p>
<p>WG Pancakes w/Syrup 5 Fruit Milk 1%</p> <hr/> <p>Fruit WG Crackers Cheese Spread Milk 1%</p>	<p>WG Cereal 6 Oranges Milk 1%</p> <hr/> <p>Yogurt WG Graham Crumbs/Grisps As Topping Fruit & Milk 1%</p>	<p>WG Toast 7 Egg Patty Fruit & Milk 1%</p> <hr/> <p>WG Crackers Raw Vegetables Ranch Milk 1%</p>	<p>WW Roll 8 Chicken Sausage Patty Fruit & Milk 1%</p> <hr/> <p>WG Cereal Mix Cheerios-Crispix-CheX-Kix Fruit Milk 1%</p>	<p>WG Breakfast Bread 9 Fresh Fruit Milk 1%</p> <hr/> <p>WG Crackers Fruit Water</p>
<p>WG Waffles w/Syrup 12 Fruit Milk 1%</p> <hr/> <p>Fruit String Cheese Milk 1%</p>	<p>WG Cereal 13 Fruit Milk 1%</p> <hr/> <p>Sun/Soy Butter WG Crackers Milk 1%</p>	<p>WW Enriched Toast 14 Omelets Fruit & Milk 1%</p> <hr/> <p>Vegetables w/Ranch WG Crackers Milk 1%</p>	<p>WG French Toast 15 w/Cinnamon Sugar Spread, Cottage Cheese Fruit & Milk 1%</p> <hr/> <p>WG Assorted Muffins Fruit Milk 1%</p>	<p>Enriched Raisin Bread 16 Spread Fruit & Milk 1%</p> <hr/> <p>WG Snack Mix Fruit Water</p>
<p>Swirl Cinnamon Bread 19 w/Spread Fruit & Milk 1%</p> <hr/> <p>MG Tortilla Sun Butter Fruit Milk 1%</p>	<p>MG English Muffin 20 w/Jelly or Jam Fruit & Milk 1%</p> <hr/> <p>Raw Vegetable w/Dip WW Crackers Milk 1%</p>	<p>WW Toast 21 Scrambled Eggs Fruit & Milk 1%</p> <hr/> <p>Cheese Sticks or Spread Pretzels Fruit Milk 1%</p>	<p>WG Cereal 22 Fruit Milk 1%</p> <hr/> <p>Sliced Apple-Mandarin Orange Salad w/Cinnamon Sugar WG Graham Crackers Milk 1%</p>	<p>WG Pancake w/ Syrup 23 Turkey Sausage Fruit & Milk 1%</p> <hr/> <p>Rice Cakes B-T-2 Graham Crackers Fruit Water</p>
<p>WW Breakfast Blend 26 Fruit Milk 1%</p> <hr/> <p>Fruit Cottage Cheese Water</p>	<p>WG Cereal 27 Fruit Milk 1%</p> <hr/> <p>WG Muffin Fruit Water</p>	<p>WG Enriched Toast 28 Egg Patty Fruit & Milk 1%</p> <hr/> <p>WG Crackers Raw Vegetables w/Ranch Water</p>	<p>WW Mini Bagel 29 Warm Canadian Bacon Fruit & Milk 1%</p> <hr/> <p>WG Cereal Snack Mix Fruit Milk 1%</p>	<p>MG English Muffin 30 w/Jelly-Jam Fruit & Milk 1%</p> <hr/> <p>WG Crackers Fruit Water</p>

Whole Milk for 24 Months and Under

Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.