

September Menu

Child and Family Centers of Excellence

Lunch 2023/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 <i>Closed</i>	5 MG Tortilla w/Plain Chicken Strips, Cheese Slices, Cucumber, & Tomato Mayo Fruit & Milk 1%	6 Meatball Marinara Sub on WG Mini Bun Mozzarella Cheese California Vegetables Fruit & Milk 1%	7 Chicken Breast Corn w/Lima Beans WG Dinner Roll Fruit & Milk 1%	8 Fish Sandwich w/Cheese on WG Bun w/Tartar Sauce Steamed Carrots Fresh Cut Fruit Salad Milk 1%
11 Cheeseburger WW Enriched Bun Ketchup Pickle Slices Broccoli Fruit & Milk 1%	12 Chicken Taco w/Shredded Lettuce, Cheese, Tomato, & Salsa MG Tortilla Shell Fruit & Milk 1%	13 Warm Ham Slices Enriched WG Bread Sweet Potato Slices Ketchup Fruit & Milk 1%	14 Seasoned Chicken Breast Enriched Spanish Rice Garden Salad w/Dressing Fruit & Milk 1%	15 Italian Sausage Casserole w/WG Pasta and Marinara Italian Blend Vegetables Fresh Fruit Salad & Milk 1%
18 Grilled Garlic Chicken Breast WW Dinner Roll Peas & Carrots Fruit & Milk 1%	19 Turkey in Gravy Mashed Potatoes WG Roll Corn Fruit & Milk 1%	20 WG Lasagna Roll up in Marinara Parmesan Cheese Garden Salad w/Dressing Fruit & Milk 1%	21 Roast Beef in Gravy Enriched Brown Rice or Rice Pilaf Beets Fruit & Milk 1%	22 WG Flat Bread or Focaccia w/Turkey Pepperoni & Cheese or BBQ Chicken Pizza Raw Vegetables w/Ranch Fruit & Milk 1%
25 Sloppy Joes on a WG Slammer Bun Steamed Carrots Fruit & Milk 1%	26 Chicken Tenders Sauce WG Dinner Roll Green Beans Fruit & Milk 1%	27 Fish Nugget or Fillet w/Tarter Sauce Slaw Mix Dressing on Side WG Bun Fruit & Milk 1%	28 Chicken Thigh in Gravy Long Grain and Wild Rice Spring Salad w/Dressing Fruit & Milk 1%	29 Sliced Turkey & Cheese on WG Bun w/Sliced tomato, Pickles, & Mayo Soup Chicken Vege or Creamed Tomato or Potato Corn Chowder Fruit & Milk 1%

Whole Milk for 24 Months and Under

September Menu

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Breakfast/Snacks 2023/2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 <i>Closed</i>	5 WG Pancakes w/Syrup Fruit & Milk 1% ----- Cheese Spread & WG Crackers Fruit & Milk 1%	6 WG Toast w/Egg Patty Oranges and Milk 1% ----- Yogurt, Fruit WG Graham Crumbs Topping Milk 1%	7 WW Roll Chicken Sausage Pattie Fruit & Milk 1% ----- WG Cereal Mix w/Cherrios, Cripix, Chex & Kix Fruit & Milk 1%	8 WG Breakfast Bread Fruit & Milk 1% ----- WG Crackers Fruit & Water
11 WG Waffles w/ Syrup Fruit & Milk 1% ----- String Cheese Fruit & Milk 1%	12 WG Toast & Omelets Fruit & Milk 1% ----- Soy Butter & WG Crackers Fruit & Milk 1%	13 WG Cereal Fruit & Milk 1% ----- Raw Vegetables w/Dip WG Crackers & Milk 1%	14 WG French Toast w/ Cinnamon Sugar & Turkey Sausage Links Fruit & Milk 1% ----- WG Assorted Muffins Fruit & Milk 1%	15 Raisin Bread Spread Fruit & Milk 1% ----- WG Snack Mix Fruit & Water
18 Toasted Cinnamon Bread w/Spread & Fruit & Milk 1% ----- MG Tortilla & Sun Butter Fruit & Milk 1%	19 WW Toast & Scrambled Eggs Fruit & Milk 1% ----- Raw Vegetables w/Dip WW Crackers & Milk 1%	20 WG Cereal Fruit & Milk 1% ----- Cheese Stick or Spread Pretzels Fruit & Milk 1%	21 WG Sausage Wrapped Pancakes, Fruit & Milk 1% ----- Sliced Apple Mandarin Orange Salad w/Cinnamon Sugar WG Graham Crackers & Milk 1%	22 WG English Muffin Jam, Fruit & Milk 1% ----- Rice Cakes B-T-2s Graham Crackers Fruit & Water
25 WG Breakfast Bread Fruit & Milk 1% ----- Cottage Cheese Fruit & Water	26 WG Toast & Egg Patty Fruit & Milk 1% ----- Raw Vegetables w/Dip WG Crackers & Milk 1%	27 WG Cereal Fruit & Milk 1% ----- WG Muffins Fruit & Milk 1%	28 WW Mini Bagel Canadian Bacon Fruit & Milk 1% ----- WG Cereal Snack Mix Fruit & Milk 1%	29 WG French Toast W/Jelly Fruit & Milk 1% ----- WG Crackers Fruit & Water

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