



# September Menu - 2024

Child & Family Centers of Excellence • National Centers for Learning Excellence



Lunch Menu  
2023 -2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Center Closed</b>	3 MG Tortilla w/Chicken Strips unbreaded, Cheese Slices, Cucumber and Tomato Slices Mayo Fruit & 1% Milk	4 Meatball Marinara Sub on WG Mini Bun Mozzarella Cheese California Vegetables Fruit & 1% Milk	5 Chicken Breast Corn w/Lima Beans WG Dinner Roll Fruit & 1% Milk	6 Fish wedge/fillet Tartar Sauce Soup: Homemade Chicken Vegetable noodle, or Beef Vegetable noodle, or Vegetable Vegetarian Oyster crackers Fresh cut Fruit Salad & 1% Milk
9 Cheeseburger w/ketchup WW Enriched Buns Pickle slices Broccoli Fruit & 1% Milk	10 Chicken Taco Shredded Lettuce, Diced Tomato Shredded Cheese Salsa Multigrain Tortilla shell Fruit & 1% Milk	11 Sliced Pork Roast in gravy Mashed Sweet Potatoes Enriched Rye Fruit & 1% Milk	12 Seasoned Chicken Breast Enriched Spanish Rice on side Garden Salad w/Dressing Fruit & 1% Milk	13 WG Cheese Tortellini Italian Chicken Crumbles in Marinara Italian Blend Vegetables Fresh Fruit Salad & 1% Milk
16 Grilled Garlic Herb Chicken Breast WW Dinner Roll Peas & Carrots Fruit & 1% Milk	17 BBQ Shredded Pork WG Bun Corn Fruit & 1% Milk	18 WG Lasagna Roll Up in Marinara Parmesan Cheese Garden Salad w/Dressing Fruit & 1% Milk	19 Roast Beef in Gravy Long Grain and Wild Garden Rice Beets Fruit & 1% Milk	20 WG Flat Bread or Focaccia Turkey Pepperoni, Cheese or BBQ Chicken Pizza Raw Vegetables w/Ranch Dressing Cut Fruit Salad & 1% Milk
23 Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit & 1% Milk	24 Sloppy Joes on WG Slammer Bun Steamed Carrots Fruit & 1% Milk	25 Chicken Thigh in Gravy Long Grain & Wild Rice Spring Salad w/Dressing Fruit & 1% Milk	26 Fish Bite Taco, Shredded Cheese Healthy Slaw Mix Dressing WG Tortilla Shell Fruit & 1% Milk	27 Sliced Turkey & Cheese on WW Bun w/Sliced Tomato, Pickles Soup: Homemade Broccoli Cheese ,or Cream of Tomato, or Potato Corn Chowder Fruit & 1% Milk
30 Tempura Chicken w/Sweet Sour Sauce Enriched Brown Rice or Rice Pilaf Peas Fruit & 1% Milk	1 Meatballs in Gravy Mashed Potatoes Pickle Spears WG Roll Fruit & 1% Milk	2 BBQ Pork Cutlet Baked Sweet Patatoes Enriched Rye Bread Corn Fruit & 1% Milk	3 Chicken Parmesan WG Pasta in Marinara Sauce Parmesan Cheese Garden Salad w/ Dressing Fruit & 1% Milk	4 Breaded Chicken Strips, Shredded Lettuce, Sliced Tomatoes, Shredded Cheese & Mayo, WG Pita Pockets Assorted Fruit & 1% Milk



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**Breakfast and Snack  
Menu 2023 -2024**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Center Closed</b>	3 WG Toast Egg Patty Oranges & 1% Milk ..... Yogurt – Fruit WG Graham crumbs (topping) 1% Milk	4 WG Cereal w/ Fruit 1% Milk ..... WG Crackers Raw Vegetables w/ Ranch 1% Milk	5 Whole wheat roll Chicken sausage patty Fruit & 1% Milk ..... WG Cereal Mix Cheerios-crispix-chex-kix Fruit & 1% Milk	6 WG Breakfast bread Fruit & 1% Milk ..... WG Crackers Fruit and 1% Milk
9 WG Waffles w/Syrup Fruit & 1% Milk ..... Fruit - String Cheese 1% Milk	10 WG Enriched Toast Omelets Fruit & 1% Milk ..... Sun or Soy Butter WG Crackers Fruit & 1% Milk	11 WG Cereal w/ Fruit 1% Milk ..... Raw Vegetables w/Dip WG Crackers 1% Milk	12 WG French Toast w/Cinnamon Sugar Turkey Sausage Links Fruit & 1% Milk ..... WG Assorted Muffins Fruit & 1% Milk	13 Enriched Raisin Bread Spread Fruit & 1% Milk ..... Whole Grain Snack Mix Fruit & Water
16 Toasted Cinnamon Bread w/Spread Fruit & 1% Milk ..... Multi Grain Tortilla Sun Butter Fruit & 1% Milk	17 WW Toast Scrambled Eggs Fruit & 1% Milk ..... Raw Vegetables w/Dip WG Crackers & 1% Milk	18 WG Cereal Fruit & 1% Milk ..... Cheese Stick or spread Pretzels Fruit & 1% Milk	19 WG Sausage Wrapped Pancakes Fruit & 1% Milk ..... Sliced Apple-mandarin Orange salad w/cinnamon sugar WG graham crackers & 1% Milk	20 WG English Muffin w/Jam Fruit & 1% Milk ..... Rice Cakes B-T-2 graham Crackers Fruit & Water
23 WG Breakfast Bread Fruit & 1% Milk ..... Fruit & Cottage Cheese Water	24 WG Enriched Toast Egg Patty Fruit & 1% Milk ..... Raw Vegetables w/Dip WG Crackers & 1% Milk	25 WG Cereal Fruit & 1% Milk ..... WG Muffins Fruit & 1% Milk	26 WW Mini Bagel Warm Canadian Bacon Fruit & 1% Milk ..... WG Cereal Snack Mix Fruit & 1% Milk	27 WG French Toast w/Jelly-Jam Fruit & 1% Milk ..... WG Crackers Fruit & Water
30 WG Waffles w/Syrup Fruit & 1% Milk ..... Pretzels Soy Butter Fruit & Water	1 WG Bun Chicken Sausage Patty Fruit & 1% Milk ..... WG Mini Bagels w/ Cream Cheese Fruit & Water	2 WG Raisin Bread Toast w/ Spread Cottage Cheese Fruit & 1% Milk ..... Raw Vegetables w/Dip WG Crackers & 1% Milk	3 Scrambled Eggs w/Salsa Multigrain Tortilla Fruit & 1% Milk ..... WG Assorted Muffin Fruit & 1% Milk	4 WG Cereal Fruit & 1% Milk ..... WG Graham Crackers Fruit & Water