



Little Discoveries September Menu



<u>Week:</u>	<u>Monday:</u>	<u>Tuesday:</u>	<u>Wednesday:</u>	<u>Thursday:</u>	<u>Friday:</u>
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffles, Egg Patty, Peaches, Milk	Breakfast: Cinnamon Roll, Sausage, Mandarin Oranges, Milk	Breakfast: Bagel, Canadian Bacon, Applesauce, Milk	Breakfast: Pancake, Bacon, Pears, Milk
8/31-9/4	Lunch: BBQ Meatballs, Green Beans, Pineapple, Milk	Lunch: Pizza Rolls, Carrots, Grapes, Milk	Lunch: Cheeseburger Hotdish, WG Bread Slice, Broccoli, Blueberries, Milk	Lunch: Corn Dog, Mixed Veggie, Pears, Milk	Lunch: Chicken Alfredo, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: Strawberry Wafer Bar, Fruit Bar, Water	Snack: WG Ritz, Turkey & Cheese Slice, Water	Snack: Veggie Straws, Chex-Mix, String Cheese, Water	Snack: WG Goldfish, Mandarin Oranges, Orange Smiles, Water	Snack: Puffcorn, Popcorn, Danimals, Water
		Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, Canadian Bacon, Applesauce, Milk	Breakfast: Biscuit, Sausage, Strawberries, Milk	Breakfast: French Toast Sticks, HB Egg, Mandarin Oranges, Milk
9/7-9/11	LD Closed	Lunch: Chicken Strips, Broccoli, Pineapple, Milk	Lunch: Hot Ham & Cheese, Green Beans, Blueberries, Milk	Lunch: Tuna Hotdish, WG Bread Slice, Mixed Veggie, Pears, Milk	Lunch: Chicken Taquitos, Cook's Choice Fruit & Veggie, Milk
		Snack: Animal Crackers, Applesauce, Apple Slices, Water	Snack: WG Belvita, SF Jello, Water	Snack: Graham Crackers, Pudding, Water	Snack: WG Ritz, Fruit Twist, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffles, Canadian Bacon, Mandarin Oranges, Milk	Breakfast: Cinnamon Roll, Bacon, Pears, Milk	Breakfast: Bagel, Egg Patty, Strawberries, Milk	Breakfast: Pancake, Sausage, Applesauce, Milk
9/14-9/18	Lunch: Corn Dog, Corn, Pears, Milk	Lunch: Fish Sticks, Mixed Veggie, Grapes, Milk	Lunch: Chicken Veggie Rice Bake, WG Bread Slice, Broccoli, Blueberries, Milk	Lunch: Salami & Cheese Sub, Carrots, Peaches, Milk	Lunch: Spaghetti, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk
	Snack: Puffcorn, Mandarin Oranges, Popcorn, Orange Smiles, Water	Snack: WG Rice Cakes, Peppers, WG Sunchips, Celery, Water	Snack: Nilla Wafers, Applesauce, Apple Slices, Water	Snack: WG Fig Bar, Yogurt Pouch, Go-Gurt, Water	Snack: Veggie Straws, Chex-Mix, String Cheese, Water

	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: English Muffin, Bacon, Strawberries, Milk	Breakfast: WG Toast, Sausage, Applesauce, Milk	Breakfast: Biscuit, Canadian Bacon, Mandarin Oranges, Milk	Breakfast: Pancake on a Stick, HB Egg, Pears, Milk
9/21-9/25	Lunch: Hamburger, Mixed Veggie, Peaches, Milk	Lunch: Cheesy Broccoli Sausage Pasta, WG Bread, Carrots, Blueberries, Milk	Lunch: Chicken Nuggets, Corn, Grapes, Milk	Lunch: Taco Rice Hotdish, WG Bread, Green Beans, Pears, Milk	Lunch: Ham & Cheese Sub, Cook's Choice Fruit & Veggie, Milk
	Snack: Soft Pretzels, Pretzels, Fruit Bar, Water	Snack: Club Crackers, Cottage Cheese, Water	Snack: WG Nutri-Grain Bar, Danimals, Water	Snack: Soft Baked Oat Bar, Yogurt, Water	Snack: WG Graham Crackers, SF Jello, Water
	Breakfast: WG Cereal, Banana, Go-Gurt, 100% Juice, Milk	Breakfast: Waffles, Egg Patty, Strawberries, Milk	Breakfast: Cinnamon Roll, Canadian Bacon, Applesauce, Milk	Breakfast: Bagel, Sausage, Pineapple, Milk	Breakfast: Pancake, Bacon, Peaches, Milk
9/28-10/2	Lunch: Chicken Patty, Broccoli, Pineapple, Milk	Lunch: Corn Dogs, Carrots, Pears, Milk	Lunch: Scalloped Potatoes w/Ham, WG Bread, Green Beans, Peaches, Milk	Lunch: Chicken Quesadilla, Mixed Veggie, Blueberries, Milk	Lunch: BBQ Meatballs, WG Bread, Cook's Choice Fruit & Veggie, Milk
	Snack: Puffcorn, Applesauce, Popcorn, Apple Slices, Water	Snack: WG Goldfish, Salami Slice, Water	Snack: Pastry Crisps, Mandarin Oranges, Orange Smiles, Water	Snack: WG Belvita, Pudding, Water	Snack: Animal Crackers, Fruit Bar, Water
Infants: Vitamin D Milk, Toddler - School Age: 1% Milk				WG = Whole Grain	
<i>*Italicized options denote Infant - Toddler Classrooms</i>				SF = Sugar Free	