

Little Discoveries September Menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9/1 - 9/2				Breakfast: WG Toast, HB Egg, Applesauce, Milk Lunch: Fish Sticks, Corn, Blueberries, Milk Snack: Cheez-Its, Cottage Cheese, Water	Breakfast: Biscuit, Sausage, Mandarin Oranges, Milk Lunch: Taco Pasta, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk Snack: Nilla Wafers, Pudding, Water
9/4 - 9/8	LD Closed	Breakfast: WG Cereal, Gogurt, Banana, Milk Lunch: Chicken Nuggets, Green Beans, Peaches, Milk Snack: Puffcorn, Popcorn, Fruit Bar, Water	Breakfast: Pancake, Canadian Bacon, Pears, Milk Lunch: Tuna Hotdish, WG Bread Slice, Carrots, Pineapple, Milk Snack: Veggie Straws, Chips & Salsa, String Cheese, Water	Breakfast: Cinnamon Roll, Sausage, Strawberries, Milk Lunch: Chicken Taquitos, Broccoli, Blueberries, Milk Snack: WG Ritz Crackers, WG Wheat Thins, SF Jello, Water	Breakfast: Waffle, Bacon Applesauce, Milk Lunch: BBQ Meatballs, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk Snack: Soft Pretzel, Mandarin Oranges, Pretzels, Orange Slices, Water
9/11 - 9/15	Breakfast: WG Cereal, Gogurt, Banana, 100% Juice, Milk Lunch: Pizza Rolls, Carrots, Grapes Milk Snack: Club Crackers, Mandarin Oranges, Orange Slice, Water	Breakfast: English Muffin, Sausage, Peaches, Milk Lunch: Garlic Chicken Pasta, WG Bread Slice, Green Beans, Blueberries, Milk Snack: Animal Crackers, Danimal, Water	Breakfast: French Toast Sticks, Canadian Bacon, Applesauce, Milk Lunch: Hamburger, Corn, Pineapple, Milk Snack: WG Nutrigrain Bar, Yogurt, Water	Breakfast: WG Toast, Egg Patty, Strawberries, Milk Lunch: Hot Ham & Cheese, Mixed Veggie, Pears, Milk Snack: Goldfish, Applesauce, Apple Slices, Water	Breakfast: Biscuit, Bacon, Mandarin Oranges, Milk Lunch: Chicken Alfredo, Dinner Roll, Cook's Choice Fruit & Veggie, Milk Snack: WG Graham Cracker, Pudding, Water
9/18 - 9/22	Breakfast: WG Cereal, Gogurt, Banana, 100% Juice, Milk Lunch: Chicken Strips, Mixed Veggie, Pineapple, Milk Snack: White Cheddar Puffs, Applesauce, Apple Slices, Water	Breakfast: Pancake, Bacon, Peaches, Milk Lunch: Italian Dunkers w/ Meat Sauce, Broccoli, Pears, Milk Snack: WG Ritz Crackers, Salami & Cheese Slice, Water	Breakfast: Bagel, HB Egg, Mandarin Oranges, Milk Lunch: Mac & Cheese w/ Ham, WG Bread Slice, Carrots, Grapes, Milk Snack: Puffcorn, Popcorn, Fruit Bar, Water	Breakfast: Cinnamon Roll, Canadian Bacon, Peaches, Milk Lunch: Hot Dog, Green Beans, Blueberries, Milk Snack: WG Graham Cracker, Danimal, Water	Breakfast: Waffle, Sausage, Strawberries, Milk Lunch: Cold Chicken Pasta, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk Snack: Veggie Straws, Chips & Salsa, String Cheese Water

Infants: Vitamin D Milk, Toddler – School Age: 1% Milk
**Italicized options denote Infant - Toddler classrooms*

WG = Whole Grain
 SF = Sugar Free

Little Discoveries September Menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9/25 - 9/29	Breakfast: WG Cereal, Gogurt, Banana, Milk Lunch: Chicken Patty, Broccoli, Blueberries, Milk Snack: <i>Club Crackers, Mandarin Oranges, Chex-Mix, Orange Slices, Water</i>	Breakfast: English Muffin, Sausage, Applesauce, Milk Lunch: Cheeseburger Hotdish, WG Bread Slice, Mixed Veggie, Peaches, Milk Snack: Nilla Wafers, Pudding, Water	Breakfast: French Toast Sticks, Bacon, Mandarin Oranges, Milk Lunch: Corndog, Corn, Pears, Milk Snack: WG Nutrigrain Bar, Yogurt, Water	Breakfast: WG Toast, Egg Patty, Strawberries, Milk Lunch: Meat Lover's Sub, Carrots, Grapes, Milk Snack: Animal Crackers, SF Jello, Water	Breakfast: Biscuit, Canadian Bacon, Pineapple, Milk Lunch: Pizza Bagels, WG Bread Slice, Cook's Choice Fruit & Veggie, Milk Snack: <i>Soft Pretzel, Pretzels, Fruit Bar, Water</i>

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