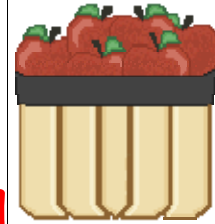



# September Menu



Day 1 (1)	Day 2 (4)	Day 3 (5)
<p><b>Breakfast</b> Cereal, bananas, milk</p> <p><b>Lunch</b> Beef Spaghetti, peas, grapes, milk</p> <p><b>P.M. Snack</b> Bagel, milk</p>	<p><b>Labor Day</b></p> <p>Debs Child Care</p>  <p>See you on Tuesday</p>	<p><b>Breakfast</b> Muffin, grapes, milk</p> <p><b>Lunch</b> Tortilla Cheese Pizza, carrots, bananas, milk</p> <p><b>P.M. Snack</b> Cheese stick, apples</p>
Day 4 (6)	Day 5 (7)	Day 6 (8)
<p><b>Breakfast</b> Toast, pineapple, milk</p> <p><b>Lunch</b> Chicken Sandwich, green beans, applesauce, milk</p> <p><b>P.M. Snack</b> Afternoon Munchie (cereal, pretzel sticks, raisins, chocolate chips) milk</p>	<p><b>Breakfast</b> Cereal, apples, milk</p> <p><b>Lunch</b> Smokies, biscuit, mash potatoes, peas, milk</p> <p><b>P.M. Snack</b> Croissant, pineapple</p>	<p><b>Breakfast</b> Tortilla, applesauce, milk</p> <p><b>Lunch</b> Chicken &amp; Rice, peas, pineapple, milk</p> <p><b>P.M. Snack</b> Colby cheese cubes, apples</p>
Day 7 (11)	Day 8 (12)	Day 9 (13)
<p><b>Breakfast</b> cereal, applesauce, milk</p> <p><b>P.M. Snack</b> Cheddar cheese slices, club crackers</p>	<p><b>Breakfast</b> French toast, oranges, milk</p> <p><b>Lunch</b> Hotdog w/bun, carrots, grapes, milk</p> <p><b>P.M. Snack</b> Cereal, milk*</p>	<p><b>Breakfast</b> Pancakes, kiwi, milk*</p> <p><b>Lunch</b> Crunchy ranch chicken nuggets, French fries, mixed fruit, milk</p> <p><b>P.M. Snack</b> Cinnamon Me's, milk</p>

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

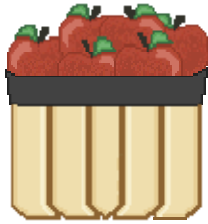
Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

<http://stepbystepcc.com/menu2.html> [http://www.nal.usda.gov/childcare/Recipes/recipes\\_menus.html](http://www.nal.usda.gov/childcare/Recipes/recipes_menus.html)

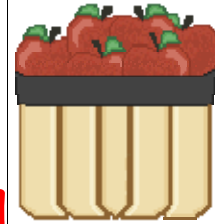
Water is served throughout the day and upon request

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# September Menu



Day 10 (14)	Day 11 (15)	Day 12 (18)
<b>Breakfast</b> Bagel, mixed fruit, milk <b>Lunch</b> Cheese pizza, green beans, applesauce, milk <b>P.M. Snack</b> English Muffin, peaches	<b>Breakfast</b> Biscuit, apples, milk <b>Lunch</b> Spanish Rice & Hamburger, carrots, peaches, milk <b>P.M. Snack</b> Cat Sandwiches*	<b>Breakfast</b> Cereal, peaches, milk  <b>P.M. Snack</b> Crackers, milk
Day 13 (19)	Day 14 (20)	Day 15 (21)
<b>Breakfast</b> French toast sticks, peaches, milk <b>Lunch</b> Pork Fried Rice, green beans, pears, milk <b>P.M. Snack</b> Crackers, carrots	<b>Breakfast</b> English muffin, pears, milk <b>Lunch</b> Sausage Rice Casserole, mixed veggies, pineapple, milk <b>P.M. Snack</b> French fries, milk	<b>Breakfast</b> Hoe Cakes, pineapple, milk <b>Lunch</b> Bake Pork Chops, corn bread, hash browns, apples, milk <b>P.M. Snack</b> Croissant, cheese stick
Day 16 (22)	Day 17 (25)	Day 18 (26)
<b>Breakfast</b> Corn muffins, apples, milk <b>Lunch</b> Chicken fried rice, corn, oranges, milk <b>P.M. Snack</b> Ramen noodles, milk	<b>Breakfast</b> Waffles, oranges, milk  <b>P.M. Snack</b> Animal crackers, apples	<b>Breakfast</b> Toast, cantaloupe, milk <b>Lunch</b> Ramen Chicken, peas & carrots, apples, milk <b>P.M. Snack</b> No Bake Cookies, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

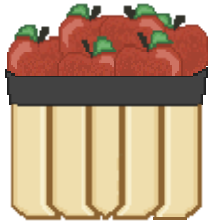
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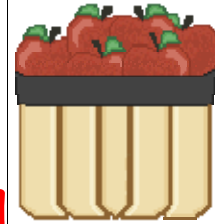
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# September Menu



Day 19 (27)	Day 20 (28)	Day 21 (29)
<b>Breakfast</b> Cereal, pineapple, milk <b>Lunch</b> Chicken nuggets, English muffin, tater tots, grapes, milk <b>P.M. Snack</b> toast, cantaloupe	<b>Breakfast</b> French toast, grapes, milk <b>Lunch</b> Pork Stroganoff, green beans, peaches, milk <b>P.M. Snack</b> Soft bread stick, milk	<b>Breakfast</b> English muffin, apples, milk <b>Lunch</b> Ham & Cheese Croissant, corn, cantaloupe, milk <b>P.M. Snack</b> Snicker Doodle Cookies, milk

Cereals served-Rice Krispies, Corn Flakes, Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Oatmeal

Cheese sticks served-mozzarella, cheddar, swirled

Yogurt served-Yoplait yogurt-flavors vary

Juice served-always 100%-orange juice, apple juice, grape juice

Recipe sources: <http://www.recipezaar.com/> <http://www.bhg.com/recipe/> <http://www.pammshouse.com/dcrecipes.html>

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Water is served throughout the day and upon request

Meal may be substituted with something different depending on availability of food when shopping or cooking project

Menu will be posted weekly on refrigerator and in the front of the sign in/out book