

# September-2020

**Breakfast:**            1-2      3-5      6-12  
Milk                      1/2 c      3/4 c      1 c  
Fruit, Veg or both    1/4 c      1/2 c      1/2 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Dry Cereal              1 oz  
Meat/Meat Alt.        1/2 oz      1/2 oz      1 oz  
\*Select 2 of the 5 components

**Lunch:**                1-2      3-5      6-12  
Milk                      1/2 c      3/4 c      1 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Pasta/Noodles                      1/4 c  
Fruit                      1/8 c      1/4 c      1/4 c  
Vegetables             1/8 c      1/8 c      1/2 c  
Meat/Meat Alt.        1 oz.      1.5 oz.    2 oz.

**PM Snack:**            1-2      3-5      6-12  
Milk                      1/2 c      1/2 c      1 c  
Fruit                      1/2 c      1/2 c      1/2 c  
Vegetable              1/2 c      1/2 c      3/4 c  
Grains/Breads        1/2 oz eq 1/2 oz eq 1 oz eq  
Meat/Meat Alt.        1/2 oz      1/2 oz      1 oz

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
BR -	BR - Apple Cinnamon Cheerios/Bananas/Milk	BR - WW Toast with Butter/Blueberries/Milk	BR - French Toast Sticks/Apples/Milk	BR - Cinnamon Life Cereal/Oranges/Milk
LN -	LN - PB Jelly on WW/Carrots/Fruit Cocktail/Milk	LN - Hot Dog on WW Bun/Macaroni and Cheese/Green Beans/Milk	LN - Turkey and Cheese Pinwheels/Pears/Green Pepper/Milk	LN - Mini Meatballs/Whole Wheat Roll/Corn/Peaches/Milk
SN -	SN - Buttery Rounds/Cheese Sticks/Milk	SN - Cheez-Itz/Milk	SN - Pretzels/Milk	SN - Animal Crackers/Yogurt/Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
BR - NO SCHOOL	BR - Toast with Butter/Apples/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk	BR - WG Waffles/Apples/Milk	BR - Cinnamon Chex Cereal/Blueberries/Milk
LN - NO SCHOOL	LN - Chicken Patty on WW/Corn/Watermelon/Milk	LN - Roast Beef and Cheese Pinwheels/Pears/Green Peppers/Milk	LN - Ham/Turkey and Cheese on WW/Pineapple/Carrots/Milk	LN - Sloppy Jo's on WW Bun/Green Beans/Pineapple/Milk
SN - NO SCHOOL	SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Animal Crackers/Milk	SN - PB Crackers/Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
BR - Muffins/Apples/Milk	BR - Life Cereal/Blueberries/Milk	BR - Bagels with Cream Cheese/Strawberries/Milk	BR - Muffins/Bananas/Milk	BR - Chocolate Cheerios/Oranges/Milk
LN - Chicken Quesadillas/Salad/Pineapple	LN - Tacos/Salad/Pineapple/Milk	LN - PBJ on WW/Carrots/Fruit Cocktail/Milk	LN - Hot Dog on WW/Pears/Green Beans/Milk	LN - Turkey and Cheese on WW/Celery/Peaches/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - PB Crackers/Milk	SN - Buttery Round Cackers/Milk	SN - Pretzels/Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>24</b>
BR - Muffins/Milk	BR - French Toast Sticks/Apples/Milk	BR - Berry Cheerios/Blueberries/Milk	BR - WG Waffles/Oranges/Milk	BR - Toast/Strawberries/Milk
LN - Mini Meat Balls/Salad/Pears/WW Roll/ Milk	LN - Ham and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - PB Banana Roll ups/Green Pepper/Mandarin Oranges/Carrots/Milk	LN - Turkey and Cheese on WW/Celery/Pineapple/Milk	LN - Roast Beef and Cheese Pinwheels/Corn/Pears/Milk
SN - Graham Crackers/Milk	SN - Goldfish/Milk	SN - Pretzels/Milk	SN - Chips/Salsa/Milk	SN - Jello Cups/String Cheese/Milk
<b>28</b>	<b>29</b>	<b>30</b>		
BR - Muffins/Oranges/Milk	BR - Toast with Butter/Grapes/Milk	BR - Life Cereal/Blueberries/Milk	BR -	BR -
LN - Chicken Quesadillas/Salad/Pineapple	LN - Roast Beef and Cheese Pinwheels/Cucumbers/Peaches/Milk	LN - BLT on WW/Tomato Soup/Pears/Milk	LN -	LN -
SN - Pretzels/Milk	SN - Tortilla Chips/Salsa	SN - Animal Crackers/Milk	SN -	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months  
Skim Milk = Children over 24 months  
WG = Whole Grain / WW = Whole Wheat