

Our Healthy Menu **September**

Mon	Tue	Wed	Thu	Fri
<ul style="list-style-type: none"> • Fresh or frozen produce is used in all of our cooking. • 100% Fruit juice is served. • Whole milk is served to Room 1 and Room 2. • 2% milk is served to Rooms 3-School Age. • All meals are cooked from scratch by our chef. • Whole wheat and multigrain products are served daily. • We are a candy and chocolate free zone. • We are a pork and nut free facility. • + Infant substitutions 				1*Waffles w/ Apple Butter, Fruit *Teriyaki Chicken w/ Rice, Frozen Steamed Stir Fry Vegetables, Fruit *Apple Cinnamon Bread
4 Labor Day/ School Closed	5*Wholegrain Cereal, Fruit *Pizzadilla w/ Turkey Pepperoni, Fresh Salad w/ Ranch Dressing, Fresh Fruit *Applesauce & Butter Cookies	6*Cinnamon Raisin Bread w/ Cream Cheese, Fresh Fruit *Homemade Chicken Pot Pie Rice Bake, Fresh Steamed Carrots, Fresh Fruit *Cheese Quesadillas	7*Scrambled Eggs, W.W. Toast, Fresh-Fruit *Mexican Black Beans & Rice, Frozen Steamed Corn, Fresh Fruit *Homemade Bread Pudding	8*Brown Sugar Oatmeal, Fresh Fruit *Homemade Beef Spaghetti, Fresh Garlic Bread, Frozen Steamed Green Beans, Fresh Fruit *Homemade Banana Pudding w/ Vanilla Wafers
11*Cheese Grits, Fresh Fruit *Sloppy Joes, Frozen Steamed Broccoli, Fresh Fruit *Fruit Salad w/ W.W. Crackers	12*W.W.Cereal, Fresh-Fruit *Homemade BBQ Chicken Pizza, Frozen Steamed Green Beans, Fresh Fruit *Chex Snack Mix	13*Homemade Banana Pancakes, Fresh Fruit *Asian Beef & Broccoli Stir-Fry over Rice, Frozen Steamed Peas, Fresh Fruit *Homemade Cheesy Drop Biscuits	14*Homemade Breakfast Casserole w/Eggs, Turkey Sausage, Fresh Fruit *Turkey & Cheese Sandwich, Frozen Steamed Lima Beans, Fresh Fruit *Homemade Strawberry Bread	15*Homemade Blueberry Muffin Bread, Fresh Fruit *Homemade Chicken Noodle Soup, W.W. Crackers, Frozen Steamed Carrots, Fresh Fruit *English Muffin Pizzas
18*Apple Cinnamon Oatmeal, Fresh Fruit *Chicken Quesadilla with Green Peppers, Frozen Steamed Corn, Fresh Fruit *Chips & Salsa	19*W.W.Cereal, Fresh Fruit *Homemade Greek Pizza w/Spinach & Feta, Fresh Salad with Ranch Dressing, Fresh Fruit *Fresh Fruit Smoothie w/Animal Crackers	20*English Muffins w/ Apple Butter, Fresh Fruit *Macaroni & Cheese, Frozen Steamed Lima Beans, Fresh Fruit *Homemade Oatmeal Raisin Cookies	21*Scrambled Egg Burritos, Fresh Fruit *Baked Lemon Pepper Chicken over Rice, Fresh Steamed Broccoli, Fresh Fruit *Fresh Apples w/ Yogurt Dip	22*W.W.French Toast, Fresh Fruit *Beef Stroganoff over Egg Noodles, Frozen Steamed Green Beans, Fresh Fruit *Turkey & Cheese Crackers
25*W.W. Bagels w/ Cream Cheese, Fresh Fruit *Tuna Salad W.W. Wraps, Fresh Cucumbers w/Ranch Dressing, Fresh Fruit *Homemade Carrot Cake	26*W.W. Cereal, Fresh Fruit *Homemade Turkey Sausage Pizza, Fresh Steamed Broccoli, Fresh Fruit *Cinnamon Toast & Apple Sauce	27*Homemade Banana Bread, Fresh-Fruit *Grilled Cheese & Tomato Soup, Salad W/ Italian Dressing, Fruit *Veggie Cornbread	28*Egg & Turkey Ham Bake, Fresh Fruit Red Beans & Rice, Frozen Steamed-Peas, Fresh Fruit *Homemade Mini Strawberry Shortcakes	29*Homemade Blueberry Pancakes, Fresh Fruit *Baked Ziti w/ Ground Beef, Frozen Steamed Green Beans, Fresh Fruit *Graham Crackers w/Cream Cheese