

**The Children's Center September 2022 Menu**  
**One to Five Years Old - Chef's Choice Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<b>HS Closed</b>	<b>HS Closed - HS Open House</b>
			Breakfast: Grits, pears and Milk	Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk
			Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk	Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk
			Snack: Vanilla Yogurt, Pineapple, Water	Snack: String Cheese, Strawberry Yogurt Chex, Water
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>ALL CENTER'S CLOSED</b>	<b>HS Closed</b>	<b>HS Closed</b>	<b>BOARD MEETING All Centers Closed</b>	<b>HS Closed</b>
	Breakfast: Cheerios, Mandarin Oranges, Milk	Breakfast: Chicken Sausage Link, Hashbrowns and Milk		Breakfast: Kix, pineapple, Milk
<b>LABOR DAY - HOLIDAY</b>	Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk	Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk	<b>All Staff Training Day</b>	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
	Snack: Whole Wheat Tortilla Pizza and Water	Snack: Cheese Sandwich on wheat bread and water		Snack: Goldfish Crackers, Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>HS OPENING DAY</b>				
Breakfast: Hot Whole Grain Biscuit, peaches, Milk	Breakfast: Kix, pineapple, Milk	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk _____	Breakfast: Pancakes, Applesauce, Milk	Breakfast: Oatmeal, pineapple, Milk
Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk	Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream, ^green beans, Milk	Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk _____	Lunch: Grilled chicken patty on wheat bun, garlic mashed cauliflower*, peas, Milk	Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk
Snack: Honey Dew Melon, Milk	Snack: Saltine crackers, cheese, water	Snack: Apples and Cottage Cheese w/ water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Tortilla Chips, Salsa, Milk
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Breakfast pizza, mandarin Oranges, Milk	Breakfast: French Toast Sticks, Pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Chicken Sausage Link and Hash brown, Milk
Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk	Lunch: Ham on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
Snack: Ritz crackers, cheese, water	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Warm wheat biscuit, **chef's choice fruit** and water _____	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Whole Wheat Tortilla Pizza and Water
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
	<b>POLICY COUNCIL</b>			
Breakfast: Oatmeal, pears, Milk	Breakfast: Kix, Mandarin Oranges, Milk	Breakfast: Vanilla Yogurt, pineapple, Milk	Breakfast: Whole Grain Waffles, bananas, Milk	
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk	Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and Milk _____	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk	
Snack: Vanilla Yogurt, pineapple and water	Snack: Cantaloupe and Cottage Cheese with water	Snack: Mandarin Oranges and Milk	Snack gold fish crackers and Milk	

\* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat and 100% fruit juice is used.

"This institution is an equal opportunity provider and employer"

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods