

The Children's Center September 2023 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 HS Closed - HS Open House Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk Snack: String Cheese, Strawberry Yogurt Chex, Water
4 ALL CENTER'S CLOSED	5 HS Closed Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk Snack: Whole Wheat Tortilla Pizza and Water	6 HS Closed Breakfast: Chicken Sausage Link, Hashbrowns and Milk Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk Snack: Cheese Sandwich on wheat bread and water	7 BOARD MEETING All Centers Closed 	8 HS Closed Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk Snack: Goldfish Crackers, Milk
11 HS OPENING DAY Breakfast: Hot Whole Grain Biscuit, peaches, Milk  Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk Snack: Honey Dew Melon, Milk	12 Breakfast: Kix, pineapple, Milk Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk Snack: Saltine crackers, cheese, water	13 Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk Snack: Apples and Cottage Cheese w/ water	14 Breakfast: Pancakes, Applesauce, Milk Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk  Snack: String Cheese, Strawberry Yogurt Chex, Water	15 Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk Snack: Tortilla Chips, Salsa, Milk
18 Breakfast pizza, mandarin Oranges, Milk Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	19 Breakfast: French Toast Sticks, Pineapple, Milk Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk Snack: String Cheese, Strawberry Yogurt Chex, Water	20 Breakfast: Cheerios, peaches, Milk Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk Snack: Warm wheat biscuit, **chef's choice fruit** and water	21 Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Ham on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk Snack: Whole Grain Cheez - Its, Cantaloupe and Water 	22 First Day of Fall  Breakfast: Chicken Sausage Link and Hash brown, Milk Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk Snack: Whole Wheat Tortilla Pizza and Water
25 Today in 1690, the first multi-paged newspaper the <i>Publick Occurrences both Forreign and Domestic</i> was published in Boston, MA.  Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk Snack: Vanilla Yogurt, pineapple and water	26 POLICY COUNCIL Breakfast: Kix, Mandarin Oranges, Milk Lunch: Turkey on a bun (Whole Grain), w/ lettuce and *tomato, tater tots w/ketchup and Milk  Snack: Cantaloupe and Cottage Cheese with water	27 Breakfast: Vanilla Yogurt , pineapple, Milk Lunch: Cheesy Chicken Spaghetti Bake (Wheat Noodles), peas, **chef's choice veggie** and Milk Snack: Mandarin Oranges and Milk	28 Breakfast: Whole Grain Waffles, bananas, Milk Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk Snack gold fish crackers and Milk	29 Breakfast: French toast sticks, **chef's choice fruit** and Milk Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk Snack: String Cheese, Strawberry Yogurt Chex, Water

* Foods High in Vitamin A

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

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

Acceptant 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