

The Children's Center September 2024 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
All Centers Closed	HS Closed	HS Closed HS Open House		HS Closed
	Breakfast: Cheerios, Mandarin Oranges, Milk	Breakfast: Chicken Sausage Link, Hashbrowns and Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
	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	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk	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: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
9	10	11	12	13
HS Opening Day			Board Meeting	
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, Mango/Peach/Pineapple Blend, 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: 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	Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk Snack: Apples and Cottage Cheese w/ water	Snack: Shredded Wheat Bites, Milk	Snack: Tortilla Chips, Salsa, Milk
16	17	18	19	20
	Breakfast: Breakfast pizza, mandarin Oranges, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Chicken Sausage Link and Hash brown, Milk
	Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk	Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk	Lunch: Hamburger w/cheese on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk	Lunch: Spring's chicken /broccoli*casserole peaches, w/wheat roll, Milk
	Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	Snack: Tuna Salad on Whole Grain Bread, Water	Snack: Warm wheat biscuit, **chef's choice fruit** and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water
23	24	25	26	27
	POLICY COUNCIL			
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Kix, Mandarin Oranges, Milk	Breakfast: Vanilla Yogurt , pineapple, Milk	Breakfast: Whole Grain Waffles, bananas, Milk Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk	Breakfast: French toast sticks, **chef's choice fruit** and 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: Meatball on a bun (Whole Grain), pears, *spinach, 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
30				
Breakfast: Cheese with wheat toast, applesauce, and Milk				
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk				
Snack: Tortilla Chips, Salsa, Milk				

* 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
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