

# September

\*\*Regular Menu\*\*



Monday, September 3rd

Tuesday, September 4th

Wednesday, September 5th

Thursday, September 6th

Friday, September 7th

center  
closed  
for  
labor day

Rice Krispies, pears

Sn: Veggie straws, juice

Turkey sand, carrot sticks,  
ranch potatoes, pears

Sn: 100 Cal. Oreo crisps,  
milk

Waffles, applesauce

Sn: Cottage cheese, juice

Meatballs, mashed potatoes,  
corn, applesauce

Sn: Ritz bits, water

Omelets, peaches

Sn: Cantaloupe, club crack-  
ers

Chicken patty on bun, tator  
tots, peas, peaches

Sn: Pretzels w/ ranch

Yogurt w/berries, buttered  
toast

Sn: Rice cakes, juice

Pepperoni pizza pasta, salad  
w/ ranch, mandarin oranges

Sn: Trail mix, water

Monday, September 10th

Tuesday, September 11th

Wednesday, September 12th

Thursday, September 13th

Friday, September 14th

Kix cereal, pears

Sn: Graham crackers, ap-  
plesauce

Corn dogs, green beans,  
pears

Sn: String cheese & tortilla  
wrap

Blueberry bread, pineapple

Sn: Cucumber slices w/ ranch  
(peeled for tod's)

Scalloped potatoes and ham,  
peas, pineapple

Sn: Veggie Straws, juice

Whole Wheat French toast  
sticks, peaches

Sn: Bananas, animal crack-  
ers

avanti's day

Sn: Mini ice cream sandwich-  
es, juice

Ham, cheese and egg cass,  
fruit mix

Sn: Honey dew, ritz

Grilled chicken pita with  
lettuce & ranch, green  
beans, fruit mix

Sn: Nutrigrain bars

Pancakes, mandarin orang-  
es

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Chicken, cheese, broccoli &  
rice cass., mandarin oranges

Sn: Cheddar cheese cubes  
& pita chips

Little Jewels is



# September

\*\*Regular Menu\*\*



Monday, September 17th

Crispix cereal, pineapple

Sn: Gogurt, juice

Ham sand, baked beans, pineapple

Sn: Chips, salsa

Tuesday, September 18th

Lemon bread, pears

Sn: Watermelon, cheerios

Scrambled eggs, toast, hash brown, pears

Sn: Cheez-its, juice

Wednesday, September 19th

Cinnamon rolls, applesauce

Sn: Ritz bits, juice

Mac n cheese, broccoli, applesauce

Sn: Animal crackers, milk

Thursday, September 20th

Breakfast burritos, pineapple

Sn: Pita chips & hummus

Swedish meatballs and noodles, peas, pineapple

Sn: Elf grahams, juice

Friday, September 21st

Yogurt w/ rice krispies, fruit mix

Sn: Carrots w/ ranch

Tod: Shredded carrots & ranch

Pizza, salad w/ ranch, fruit mix

Sn: Apple cinnamon tortillas, water

Monday, September 22nd

Life cereal, mandarin oranges

Sn: Cottage cheese, juice

Chicken nuggets, corn, mashed potatoes, mandarin oranges

Sn: Trail Mix

Tuesday, September 23rd

Banana bread, fruit mix

Sn: Cantaloupe, club crackers

Grilled cheese sand, green beans, fruit mix

Sn: Apple slices w/ soy butter

Wednesday, September 24th

Hash brown cass, peaches

Sn: Orange slices, saltines

Tod: Mandarin oranges, saltines

Fish shapes, broccoli w/ cheese, peaches

Sn: Bananas, animal crackers

Thursday, September 25th

Bagels w/ cream cheese, pears

Sn: Celery w/ ranch

Tod: Club Crackers & cheese

Fettuccini alfredo, peas, pears

Sn: Peach crisp, water

Friday, September 26th

Whole Wheat French toast sticks, pineapple

Sn: Pretzel bites with cheese

Cheeseburger macaroni, green beans, pineapple

Sn: Nutrigrain bars

## Healthy Eating Tips for Kids...

(Pssst...parents, we can't do it without you!)

### Tip #3: Drink More Water

Make water the drink of choice at meal times, and keep juice and sweet drinks as occasional treats. While juice has valuable nutrients and gives a concentrated energy boost for active, growing bodies, kids should go for water first when they are thirsty, not sugar-sweetened drinks.