

# September

\*\*Vegetarian 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

Hummus sand, carrot sticks,  
ranch potatoes, pears

Sn: 100 Cal. Oreo crisps,  
milk

Waffles, applesauce

Sn: Cottage cheese, juice

Veg. Meatballs, mashed  
potatoes, corn, applesauce

Sn: Ritz bits, water

Omelets, peaches

Sn: Cantaloupe, club crack-  
ers

Veg. Chicken patty on bun,  
tator tots, peas, peaches

Sn: Pretzels w/ ranch

Yogurt w/berries, buttered  
toast

Sn: Rice cakes, juice

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

Veg. Corn dogs, green  
beans, pears

Sn: String cheese & tortilla  
wrap

Blueberry bread, pineapple

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

Scalloped potatoes, 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

Egg cass, fruit mix

Sn: Honey dew, ritz crackers

Veg chicken pita w/ lettuce &  
ranch, green beans, fruit mix

Sn: Nutrigrain bars

Pancakes, mandarin orang-  
es

Sn: Grapes, yogurt

Toddler: Fruit, yogurt

Veg. Chicken, cheese, broc-  
coli & rice cass., mandarin  
oranges Sn: Cheddar  
cheese cubes, pita chips

Little Jewels is



# September

\*\*Vegetarian Menu\*\*



Monday, September 17th      Tuesday, September 18th      Wednesday, September 19th      Thursday, September 20th      Friday, September 21st

Crispix cereal, pineapple  
 Sn: Gogurt, juice  
 Hummus sand, veg. baked beans, pineapple  
 Sn: Chips, salsa

Lemon bread, pears  
 Sn: Watermelon, cheerios  
 Scrambled eggs, toast, hash brown, fresh fruit  
 Sn: Cheez-Its, juice

Cinnamon rolls, applesauce  
 Sn: Ritz bits, juice  
 Mac n cheese, broccoli, applesauce  
 Sn: Animal crackers, milk

Breakfast burritos, pineapple  
 Sn: Pita chips w/ hummus  
 Veg. Swedish meatballs and noodles, peas, pineapple  
 Sn: Elf grahams, juice

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      Tuesday, September 23rd      Wednesday, September 24th      Thursday, September 25th      Friday, September 26th

Life cereal, mandarin oranges  
 Sn: Cottage cheese, juice  
 Veggie chicken nuggets, corn, mashed potatoes, mandarin oranges  
 Sn: Trail Mix

Banana bread, fruit mix  
 Sn: Cantaloupe, club crackers  
 Grilled cheese sand, green beans, fruit mix  
 Sn: Apple slices w/ soy butter

Hash brown cass, peaches  
 Sn: Orange slices, saltines  
 Toddler: Mandarin Oranges, saltines  
 Italian noodles, broccoli w/ cheese, peaches  
 Sn: Bananas, animal crackers

Bagels with cream cheese, pears  
 Sn: Celery w/ ranch  
 Tod: Club crackers w/ cheese  
 Fettuccini alfredo, peas, pears  
 Sn: Peach crisp, water

Whole Wheat French Toast sticks, pineapple  
 Sn: Soft bites with cheese  
 Cheese"burger" macaroni (w veg meat), 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.