



## September 2023 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pancakes Apple Sauce, Milk
4 <b>Labor Day</b>	5 Baked Cinnamon Toast Clemantine, Milk	6 Apple Sauce Muffins Banana, Milk	7 Hard Boiled Eggs Cantaloupe, Milk	8 Oatmeal Apple Sauce, Milk
11 Cereal: Corn Flakes Apple, Milk	12 Matzo Brei Orange, Milk	13 Bread & Jam Banana, Milk	14 Apple Sauce & Honey Muffins Cantaloupe, Milk	15 Cream of Wheat Apple Sauce, Milk
18 Cereal: Cheerios Apple, Milk	19 Panckaes Clemantine, Milk	20 Banana Bread Banana, Milk	21 Baked Eggs Sliced Cucumbers, Milk	22 Baked Cinnamon- Raisin Oatmeal Apple Sauce, Milk
25 <b>Yom Kippur</b>	26 Cinnamon-Raisin Pasta Orange, Milk	27 French Toast Banana, Milk	28 Cereal: Corn Chex Cantaloupe, Milk	29 Cream of Wheat Apple Sauce, Milk

Whole, unflavored milk is served to 1 year olds  
Skim, unflavored milk is served to children ages 2 and older



# September 2023 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Cheesy Spinach-Squares WG Orzo Sliced Cucumbers Cantaloupe, Milk
4 <b>Labor Day</b>	5 Herbed Baked Chicken Brown Rice Braised Cabbage Watermelon, Milk	6 WG Pizza on Pita Minestrone Soup Sliced Cucumbers Orange, Milk	7 Deli Style Turkey-Sandwich on WG Bread Romaine Salad Pineapple, Milk	8 Cheese & Beans Enchilada-Casserole Corn Cantaloupe, Milk
11 Egg Salad WG Roll Pickles Split Pea Soup Banana, Milk	12 Sweet & Sour Chicken WG Sesame Noodles Stir Fry Veg Watermelon, Milk	13 Veg 3-Bean-Chili Shredded Cheese WG Corn Bread Clemantine, Milk	14 WG Spaghetti & Meat Sauce Yellow Wax beans Pineapple, Milk	15 <b>Noon Dismissal</b> <b>Erev Rosh Hashanah</b> Tuna Loaf WG Israeli Couscous Oven Baked Glazed Carrots Cantaloupe, Milk
18 WG Grilled Cheese-Sandwich Tomato Soup W/Rice Sliced Cucumbers Banana, Milk	19 Chicken Cacciatore WG Egg Noodles Green Beans Watermelon, Milk	20 Tuna Salad WG Pita Garden-Romaine Salad Orange, Milk	21 Sloppy Joe WG Bun Creamy Coleslaw Pineapple, Milk	22 Baked Potato w/Cheese Topping Baked Beans WG Tortilla Chips Cantaloupe, Milk
25 <b>Yom Kippur</b>	26 BBQ Chicken Brown Rice Peas & Carrots Watermelon, Milk	27 WG Mac N' Cheese Lentil-Mushroom Soup Sliced Cucumbers Clemantine, Milk	28 Meatloaf WG Couscous Sweet Potato Pineapple, Milk	29 Hummus Falafel WG Pita Coleslaw Cantaloupe, Milk

Whole, unflavored milk is served to 1-year olds  
 Skim, or low fat (1%) unflavored milk is served to children ages 2 and older  
 All Grain items served are whole Grain-rich/enriched

✚ On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)





# September 2023 Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Animal Crackers Milk <hr/> Cottage Cheese Banana
4 <b>Labor Day</b>	5 Trail Mix Apple <hr/> Sliced Cucumbers Hummus	6 Tea Biscuits Apple Sauce <hr/> Second Snack: Cereal: Corn Chex Milk	7 Tortilla Chips Salsa <hr/> No After Care	8 Sliced Cheese Snack Crackers <hr/> Yogurt Apple Sauce Muffins
11 Yogurt Pineapple <hr/> Tea Biscuits Milk	12 Teddy Grahams Apple <hr/> Rice Cakes Egg Salad	13 Sliced Cucumbers Dairy Ranch Dip <hr/> Cereal: Cheerios Milk	14 Pita Hummus <hr/> WG Corn Bread Watermelon	15 <b>Noon Dismissal</b> <b>Erev Rosh Hashanah</b>
18 Cottage Cheese Pineapple <hr/> Teddy Grahams Milk	19 Pita Hummus <hr/> Rice Cakes & Jam Apple	20 Cereal: Rice Krispies Milk <hr/> Tea Biscuits Canned Peaches	21 Tortilla Chips Guacamole <hr/> Banana Bread Watermelon	22 Sliced Cheese Snack Crackers <hr/> Yogurt Banana
25 <b>Yom Kippur</b>	26 Garlic Pita White Bean Dip <hr/> Trail Mix Apple	27 Cereal: Cheerios Milk <hr/> Sliced Cheese Snack Crackers	28 Rice Cakes & Jam Watermelon <hr/> Tortilla Chips Salsa	29 Yogurt Banana <hr/> Teddy Grahams Milk

Whole, unflavored milk is served to 1-year Olds  
Skim, or low fat (1%) unflavored milk is served to children ages 2 and older