

# EARLY LEARNING CENTER SEPTEMBER 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>NO SCHOOL</b>  <b>LABOR DAY HOLIDAY</b>	3  <b>Breakfast:</b> Yogurt, blueberries, & Granola <b>Lunch:</b> : Chicken Crisпитos, rice (wg), refried beans, & fruit <b>Snack:</b> Graham crackers, mixed fruit	4  <b>Breakfast:</b> Blueberry Muffins, & pineapple <b>Lunch:</b> Spaghetti Bake, salad, peas & carrots, bread (wg), & fruit <b>Snack:</b> Goldfish & fruit	5  <b>Breakfast:</b> Chex cereal, & fruit <b>Lunch:</b> Pancakes w/syrup, tater tots, sausage, & applesauce <b>Snack:</b> Sun Chips (wg), & fruit	6  <b>Breakfast:</b> Egg, biscuit & banana <b>Lunch:</b> Pizza, corn, salad w/ranch & fruit <b>Snack:</b> Cheese and crackers (wg) & apple juice
9  <b>Breakfast:</b> Waffles w/syrup, & applesauce <b>Lunch:</b> Teriyaki meatballs, rice (wg), mixed veggies, & fruit <b>Snack:</b> Goldfish & diced peaches	10  <b>Breakfast:</b> Yogurt, blueberries, & Granola (wg) <b>Lunch:</b> Macaroni (wg) & Cheese, pinto beans, cornbread, broccoli & fruit <b>Snack:</b> Zoo crackers, & fruit	11  <b>Breakfast:</b> French toast, & fruit <b>Lunch:</b> Meatloaf, mashed potatoes, green beans, bread, & fruit <b>Snack:</b> Apple Slices, yogurt & granola (wg)	12  <b>Breakfast:</b> English Muffin (wg) w/jelly & fruit <b>Lunch:</b> Chicken nuggets, sweet potato fries, & fruit <b>Snack:</b> Graham crackers & mixed fruit	13  <b>Breakfast:</b> Sausage, biscuit & banana <b>Lunch:</b> Pizza, carrots, salad w/ranch, & applesauce <b>Snack:</b> Cheese and crackers (wg) & fruit
16  <b>Breakfast:</b> Pancakes w/syrup & fruit <b>Lunch:</b> Chili, cornbread, carrot sticks w/ranch, & fruit <b>Snack:</b> Sun chips (wg) & applesauce	17  <b>Breakfast:</b> Yogurt, fresh fruit & granola <b>Lunch:</b> Fettucine noodles w/alfredo sauce, grilled chicken, broccoli, & fruit <b>Snack:</b> Zoo crackers, & fruit	18  <b>Breakfast:</b> Blueberry Muffins, & pineapple <b>Lunch:</b> Beef Nachos, chili beans, lettuce, tomatoes, bread (wg) & fruit <b>Snack:</b> Pretzels & fruit	19  <b>Breakfast:</b> Cheerios cereal & fruit <b>Lunch:</b> Cheesy Chicken casserole with rice (wg), mixed veggies, & fruit <b>Snack:</b> yogurt, granola (wg), & fruit	20  <b>Breakfast:</b> Egg, biscuit & banana <b>Lunch:</b> Pizza, salad, corn & fruit <b>Snack:</b> Cheese & crackers (wg), fruit
23  <b>Breakfast:</b> Waffles w/syrup, fruit <b>Lunch:</b> Spaghetti w/meatballs, green beans, salad, bread, & fruit <b>Snack:</b> Sun Chips, & fruit (wg)	24  <b>Breakfast:</b> Yogurt, fresh fruit & granola <b>Lunch:</b> Chicken fried rice (wg), mixed veggies, egg roll, & fruit <b>Snack:</b> Graham crackers, & fruit	25  <b>Breakfast:</b> French Toast sticks, & fruit <b>Lunch:</b> Sloppy joe boats, mashed potatoes, corn, bread (wg), & fruit <b>Snack:</b> Pretzels & fruit	26  <b>Breakfast:</b> English muffins w/jelly, & fruit <b>Lunch:</b> Breaded Chicken patty, bun (wg), steak fries, broccoli, & fruit <b>Snack:</b> Yogurt, granola (wg), & fruit	27  <b>Breakfast:</b> Sausage, biscuit & banana <b>Lunch:</b> Pizza, salad, carrots & fruit <b>Snack:</b> Cheese & crackers (wg), fruit

- **wg** = whole grain
- **MILK** is served at Breakfast and Lunch. (Whole Milk for 1-2 year olds; 1% for ages 3 and up)
- **WATER** is served at snack.

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