

# 2024

## September Menu



**MONDAY**

**02**

**Country Dawn**

**Closed for**

**Labor Day**

**09**

Breakfast: Assorted cereals & peaches

AM: Rice cakes with pears

PM: Bean and cheese tortillas with olives

**16**

Breakfast: Assorted cereals & pears

AM: Green beans with Saltine crackers

PM: Soy butter and jam sandwiches with pears

**23**

Breakfast: Assorted cereals & pineapple

AM: Fig Newtons with mandarin oranges

PM: Tuna sandwiches with pickles

**30**

Breakfast: Assorted cereals & mandarin oranges

AM: String cheese with goldfish crackers

PM: Cheesy bread with peas

**TUESDAY**

**03**

**Country Dawn**

**Closed for**

**In-service Day**

**10**

Breakfast: French toast & bananas

AM: Breadsticks with cauliflower, tomato slices, ranch (\* only tomato)

PM: Vanilla yogurt with mixed berries

**17**

Breakfast: English muffins with boysenberry jam or soy butter & mandarin oranges

AM: Graham crackers with grapes (\* pineapple)

PM: Pretzels, carrots, celery (\* cucumbers & crackers)

**24**

Breakfast: Oatmeal & blueberries

AM: Turkey cubes with Ritz crackers

PM: Apple slices, string cheese

**01**

**Country Dawn Lunches**

All Week - Sovnut & Jam

M - Grilled Cheese

T - Tuna

W - English Muffin Pizzas

Th - Turkey & Cheese

F - Quesadillas

**WEDNESDAY**

**04**

Breakfast: Pancakes & orange slices

AM: Pretzels with green beans (\*crackers)

PM: Cheese cubes with Triscuit crackers (\* grated cheese and crackers)

**11**

Breakfast: Oatmeal & apple slices

AM: Goldfish crackers with bell peppers, zucchini

PM: Carrots and cheese cubes (\* grated cheese & cucumbers)

**18**

Breakfast: Bagels with cream cheese & apple slices

AM: Roasted cauliflower with Ritz crackers

PM: Peas with cheese cubes (\* grated cheese)

**25**

Breakfast: Biscuits with sausage gravy & pears

AM: Tomato slices, zucchini with Saltine crackers

PM: Peas, hummus, pita bread

All breakfasts are served with water and milk.

Assorted cereals are also served as a breakfast option each day.

Water is served with all snacks. \* 30 months and under

**THURSDAY**

**05**

Breakfast: Croissants with boysenberry jam & cantaloupe

AM: Ritz crackers with roasted broccoli

PM: Teddy grahams with mandarin oranges

**12**

Breakfast: Cinnamon toast & mixed berries

AM: Celery, broccoli (\* roasted), hummus, pita bread

PM: Orange slices with popcorn (\* crackers)

**19**

Breakfast: Scrambled eggs with ham, cheese & pineapple

AM: Goldfish crackers with cucumbers, bell peppers

PM: Vanilla wafers with cantaloupe

**26**

Breakfast: Waffles with strawberries & whip cream

AM: Cinnamon tortillas with applesauce

PM: Popcorn with grapes (\* crackers with pears)

**FRIDAY**

**06**

Breakfast: Assorted cereals & strawberries

AM: Vanilla wafers with bananas

PM: Peas, hummus, pita bread

**13**

Breakfast: Assorted cereals & fruit

AM: String cheese with roasted potatoes

PM: Fig Newtons with bananas

**20**

Breakfast: Assorted cereals & applesauce

AM: Mini bagels with cream cheese, bananas

PM: Wheat Thin crackers with carrots (\* bell peppers & crackers), hummus

**27**

Breakfast: Assorted cereals & bananas

AM: Cauliflower, broccoli (\* roasted) with ranch, bread sticks

PM: Rice cakes with yogurt