The Children's Center September 2017 Menu

Infant and Toddlers (Children from 1 year to under 3 years old) - Chef's Choice

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				HS CLOSED
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i				Breakfast: Oatmeal, pineapple, milk
				Lunch: Swai Fillet with
				lemon pepper, yams*, kale*,
				w/ wheat breadstick, milk
			_	Snack: Cereal mix, milk
ALL CENTERS CLOSED	6	6	7	8
ALL CENTERS CLUSED				
Labor Day Holiday E	Breakfast: Blueberry	Breakfast: Cheerios,	Breakfast: Oatmeal, pears,	Breakfast: Chicken Sausage
N	Muffins, pineapple, milk	peaches, milk	milk	Link and Hash brown, milk
	Lunch: Cheese omelet, hash	Lunch: Spaghetti meat	Lunch: Ham sub (Whole	Lunch: Spring's chicken
	browns, peaches, wheat	sauce(Ground Turkey)	Grain) w/ lettuce and	/broccoli*casserole peaches,
	biscuit and milk	w/wheat noodles, mixed	tomato*, corn, and milk	w/wheat breadstick, milk
		vegetables, pears, and milk		
S	Snack: Goldfish and milk	Snack: Warm wheat biscuit,	Snack: Cereal mix and milk	Snack: Vanilla Yogurt,
		chef's choice fruit and		pineapple and water
		water		
11	12	13	14	15
11	12	10	BOARD MEETING	13
Breakfast: Oatmeal pears, E	Breakfast: Kix, mandarin	Breakfast: Vanilla Yogurt,	Breakfast: Whole Grain	Breakfast: French toast
	oranges, milk	pineapple, milk	Waffles, bananas, milk	sticks, **chef's choice
	,	1 11 /	, ,	fruit** and milk
Lunch: Cheese Pizza (Whole I	Lunch: Turkey sub (Whole	Lunch: Cheesy Chicken	Lunch: Whole Grain	Lunch: Meatball sub (Whole
	Grain), w/ lettuce and	Spaghetti Bake (Wheat	Macaroni with cheese, green	Grain), pears, *kale, milk
Salad w ranch dressing, milk *	*tomato, tater tots w/ketchup	Noodles), peas, **chef's	beans, yams* and milk	
	and milk	choice veggie** and milk		
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Snack: Apple juice and Saltines	Snack: Pears and milk	Snack: Cereal mix and milk	Snack gold fish and milk	Snack: Graham crackers, mandarin oranges and water
satures				mandarin oranges and water
18	19	20	21	22
	Breakfast: Whole Grain	Breakfast: Kix, **chef's	Breakfast: Grits, pears and	Breakfast: Whole Grain
wheat toast, applesauce, and V	Breakfast: Whole Grain Waffles, pineapple and milk	Breakfast: Kix, **chef's choice fruit**, and milk	Breakfast: Grits, pears and milk	Breakfast: Whole Grain Pancakes, Applesauce, milk
wheat toast, applesauce, and wilk	Waffles, pineapple and milk	choice fruit**, and milk	milk	Pancakes, Applesauce, milk
wheat toast, applesauce, and wilk Lunch: Turkey Sausage,	Waffles, pineapple and milk Lunch: Baked Potato Pizza	choice fruit**, and milk Lunch: Boneless Chicken	milk Lunch: Ground Turkey soft	Pancakes, Applesauce, milk Lunch: Ham sub (Whole
wheat toast, applesauce, and V milk Lunch: Turkey Sausage, wheat biscuit, Mandarin	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts,	milk Lunch: Ground Turkey soft taco (wheat tortilla)	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and
wheat toast, applesauce, and Wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin voranges, peas and milk s	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick,	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese,	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots*
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin oranges, peas and milk b	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts,	milk Lunch: Ground Turkey soft taco (wheat tortilla)	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick,	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn,	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt,
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt,
wheat toast, applesauce, and milk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 25	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin oranges, peas and milk Snack: Pears and milk 25 Breakfast: Oatmeal, pears,	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL Breakfast: Cheerios, orange	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27 Breakfast: Blueberry	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 28 Breakfast: Breakfast Pizza,	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29 Breakfast: Kix, pineapple,
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin oranges, peas and milk Snack: Pears and milk 25 Breakfast: Oatmeal, pears,	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27 Breakfast: Blueberry muffins, mandarin oranges,	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29
wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 25 Breakfast: Oatmeal, pears, milk ji	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL Breakfast: Cheerios, orange juice, milk	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27 Breakfast: Blueberry muffins, mandarin oranges, milk	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 28 Breakfast: Breakfast Pizza, pears, milk	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29 Breakfast: Kix, pineapple, milk
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wheat toast, applesauce, and wilk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 25 Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole I Grain), *Lettuce and Tomato v	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ w/ wheat breadstick, corn,	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27 Breakfast: Blueberry muffins, mandarin oranges, milk Lunch: Spaghetti w/meat sauce (Ground Turkey)and	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 28 Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese potatoes, ^green beans,	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29 Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash browns, banana, whole
wheat toast, applesauce, and milk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and milk Snack: Pears and milk 25 Breakfast: Oatmeal, pears, milk Lunch: Cheese Pizza (Whole I Grain), *Lettuce and Tomato v	Waffles, pineapple and milk Lunch: Baked Potato Pizza w/marinara sauce and shredded cheese, w/wheat bread stick, broccoli* and milk Snack: Kix, Mandarin Oranges and water 26 POLICY COUNCIL Breakfast: Cheerios, orange juice, milk Lunch: Pulled Chicken BBQ	choice fruit**, and milk Lunch: Boneless Chicken wings *brussel sprouts, yams*, w/ wheat breadstick, milk Snack: Peaches, Whole Grain Cheez Its and water 27 Breakfast: Blueberry muffins, mandarin oranges, milk Lunch: Spaghetti w/meat	milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and milk Snack: Cereal mix and milk 28 Breakfast: Breakfast Pizza, pears, milk Lunch: Three cheese	Pancakes, Applesauce, milk Lunch: Ham sub (Whole Grain)w/ lettuce and tomato*, cooked carrots* with ranch, milk Snack: Vanilla Yogurt, Pineapple, Water 29 Breakfast: Kix, pineapple, milk Lunch: Cheese omelet, hash
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^{*} Foods High in Vitamin A

Toddler foods must be diced in pieces no larger that 1/2 inch Infant foods must be diced in pieces no larger than 1/4 inch

 $\label{lem:condiments} \mbox{Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing}$

All milk is low fat and 100% fruit juice is used.

^Canned green beans

Cereal must have a least 3 grams of fiber Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods

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