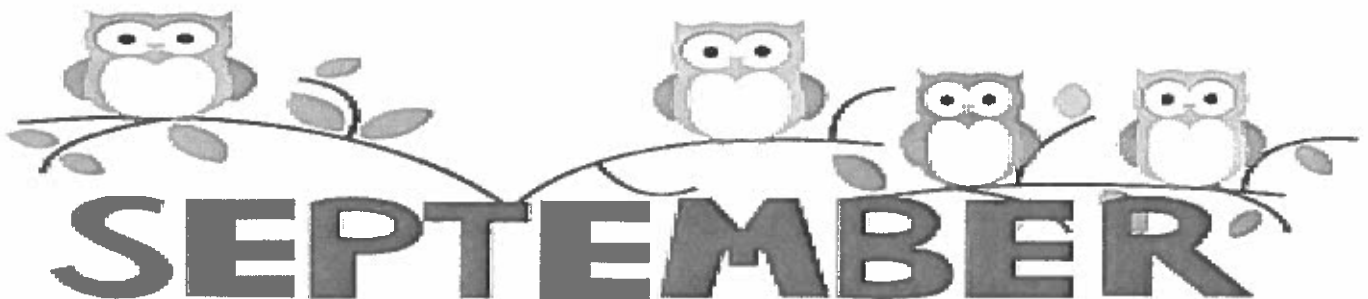


BREAKFAST

September 2018						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
TODDLER OPTIONS BOLDED						1
2	3 CENTER CLOSED	4 Buttered Toast; fruit juice; milk Oranges	5 Bagels & Cream Cheese; fruit juice; milk Apricots	6 English Muffins; fruit juice; milk Peaches	7 Cheerios; fruit juice; milk Blueberries	8
9	10 Corn Puffs; fruit juice; milk Pears	11 Buttered Toast; fruit juice; milk Oranges	12 Bagels & Cream Cheese; fruit juice; milk Apricots	13 English Muffins; peaches; milk	14 Cheerios; fruit juice; milk Blueberries	15
16	17 Corn Puffs; fruit juice; milk Pears	18 Buttered Toast; fruit juice; milk Oranges	19 Bagels & Cream Cheese; fruit juice; milk Apricots	20 English Muffins; fruit juice; milk Peaches	21 Cheerios; fruit juice; milk Blueberries	22
23	24 Corn Puffs; fruit juice; milk Pears	25 Buttered Toast; fruit juice; milk Oranges	26 Bagels & Cream Cheese; fruit juice; milk Apricots	27 English Muffins; peaches; milk	28 Cheerios; fruit juice; milk Blueberries	29
30	<p>Servings - Toddlers- ½ c whole milk; ¼ c. fruit or vegetable; ½ oz. grain. No fruit juice for ages 6 months to year.</p> <p>Ages 3-5 years-3/4 c fat free milk; ½ c 100% fruit juice or fruit or vegetable; ½ oz. grain . Ages 6-12 – 1 c fat free milk; 1/2 c 100 % fruit juice or fruit or vegetable; 1 oz grain. Only 1 serving of Fruit juice per day</p>					



LUNCH

September 2018						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
TODDLER OPTIONS BOLDED						1
2	3 CENTER CLOSED	4 Ham Patty; Mashed Potatoes; Pears; Roll; milk	5 Pepperoni Pizza; Carrots; Oranges; milk	6 Hamburger on Bun; Tater Tots; Fruit Cocktail; milk	7 Turkey & Cheese Sandwich; Potato Salad; Banana; Milk Mixed Veggies	8
9	10 Grilled Cheese Sandwich; Green Beans; Applesauce; milk	11 Cheese Pizza; Sweet Potatoes; Peaches; Milk	12 Meatballs; Peas; Pineapples; Roll; Milk	13 Chicken Patty; corn; baked apples; milk	14 Sunbutter & Jelly Sandwich; Sweet Potato Tots; Tropical Fruit Cocktail; milk	15
16	17 Chicken Fingers; Peas & Carrots; Apricots; Milk	18 Ham Patty; Mashed Potatoes; Pears; Roll; milk	19 Pepperoni Pizza; Carrots; Oranges; milk	20 Hamburger on Bun; Tater Tots; Fruit Cocktail; milk	21 Turkey & Cheese Sandwich; Potato Salad; Banana; Milk Mixed Veggies	22
23	24 Grilled Cheese Sandwich; Green Beans; Applesauce; milk	25 Cheese Pizza; Sweet Potatoes; Peaches; Milk	26 Meatballs; Peas; Pineapples; Roll; Milk	27 Chicken Patty; corn; baked apples; milk	28 Sunbutter & Jelly Sandwich; Sweet Potato Tots; Tropical Fruit Cocktail; milk	29
30	<p>Servings – Toddlers – ½ c whole milk; 1/2 c fruits & vegetables; ½ slice bread or ¼ bread alternative; 1 oz. or ¼ c protein – Ages 3-5 yrs. – ¼ c fat free milk; ½ c fruits & vegetables; 1/2 bread slice or ¼ bread alternative; 1 ½ oz meat or protein. – School Age – 1 c fat free milk; ¾ c fruits & vegetables; 1 slice bread or ½ C. bread alternative; 2 oz meat or protein.</p>					



SNACK

September 2018						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
TODDLER OPTIONS BOLDED						1
2	3 CENTER CLOSED	4 Pretzels; milk Apples	5 Peach Cup; milk	6 Celery & Sunbutter; milk Blueberries	7 Orange Cup; milk	8
9	10 Graham Crackers; milk Pineapples	11 Cheese It Crackers; milk Fruit Cocktail	12 Animal Crackers; milk Oranges	13 Cheese & Crackers; fruit juice Mangoes	14 Apple Slices; milk Applesauce Cup	15
16	17 Mixed Fruit cup; milk	18 Pretzels; milk Apples	19 Peach Cup; milk	20 Celery & Sunbutter; milk Blueberries	21 Orange Cup; milk	22
23	24 Graham Crackers; milk Pineapples	25 Cheese It Crackers; milk Fruit Cocktail	26 Animal Crackers; milk Oranges	27 Cheese & Crackers; fruit juice Mangoes	28 Apple Slices; milk Applesauce Cup	29
30	<p>Serving Sizes – Toddlers ½ c. whole milk; 1/4 c. fruit or veggie; 1/2 oz grain NO FRUIT JUICE FOR AGES 6 MONTHS TO YEAR. Ages 3-5-3/4 C fat free milk; ½ C. fruit or veggie; ½ oz grain. Ages 6-12-1C fat free milk; ½ C 100 % fruit juice or fruit or veggie; 1 oz. grain. ONLY 1 SERVING OF JUICE PER DAY.</p>					

