

Early Learning Center

Sept 2019 Menu

Every Breakfast Includes:

1. Fruit-1 Cup
2. Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or

Every Snack Includes 2 of the following Categories:

- Fluid Milk
- 100% Juice, Fruit or Vegetable
- Meat or Meat Alternate
- Whole Grains

Save time & money! No Fees for Food Service online Depositing!

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Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL</p> <p>LABOR DAY</p>	<p>3 <u>Breakfast: Mini Waffles</u></p> <p>Chicken Fried Chicken-wg</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Mandarin Oranges</p> <p>Milk</p> <p>Snack: Teddy Grahams wg/Milk</p>	<p>4 <u>Breakfast: Mini French Toast</u></p> <p>Toasted Ravioli-wg</p> <p>Glazed Carrots</p> <p>Applesauce</p> <p>Cookie-wg</p> <p>Milk</p> <p>Snack: Banana/Crackers</p>	<p>5 <u>Breakfast: Pancakes</u></p> <p>Grilled Cheese-wg</p> <p>Tater Tots-wg</p> <p>Carroteenies</p> <p>Pears</p> <p>Milk</p> <p>Snack:: Applesauce/Milk</p>	<p>6 <u>Breakfast: Muffin</u></p> <p>Orange Chicken</p> <p>Brown Rice</p> <p>California Vegetables</p> <p>Mixed Fruit</p> <p>Cookie-wg</p> <p>Snack: Goldfish-wg/100% Juice</p>
<p>9 <u>Breakfast: Cereal</u></p> <p>Mini Corn Dogs-wg</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Peaches</p> <p>Milk</p> <p>Snack: Animal Crackers wg/Milk</p>	<p>10 <u>Breakfast: Mini Waffles</u></p> <p>Sausage Patty</p> <p>Pancake-wg</p> <p>Baked Peaches</p> <p>Mandarin Oranges</p> <p>Milk</p> <p>Snack: Yogurt/100% Juice</p>	<p>11 <u>Breakfast: Mini French Toast</u></p> <p>Stuffed Crust Pizza-wg</p> <p>Baked Beans</p> <p>Applesauce</p> <p>Cookie-wg</p> <p>Milk</p> <p>Snack: Banana/Milk</p>	<p>12 <u>Breakfast: Pancakes</u></p> <p>Taco in a Bag-wg</p> <p>Corn</p> <p>Pears</p> <p>Brownie-wg</p> <p>Milk</p> <p>Snack: Cheez-its-wg/100% Juice</p>	<p>13 <u>Breakfast: Muffin</u></p> <p>Bosco Sticks-wg</p> <p>California Vegetables</p> <p>Mixed Fruit</p> <p>Cookie-wg</p> <p>Snack: Apple Slices/Crackers</p>
<p>16 <u>Breakfast: Cereal</u></p> <p>Popcorn Chicken-wg</p> <p>Baked Beans</p> <p>Broccoli</p> <p>Peaches</p> <p>Milk</p> <p>Snack: Cheese Stick/100% Juice</p>	<p>17 <u>Breakfast: Mini Waffles</u></p> <p>Chicken Fried Chicken-wg</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Mandarin Oranges</p> <p>Milk</p> <p>Snack: Teddy Grahams wg/Milk</p>	<p>18 <u>Breakfast: Mini French Toast</u></p> <p>Toasted Ravioli-wg</p> <p>Glazed Carrots</p> <p>Applesauce</p> <p>Cookie-wg</p> <p>Milk</p> <p>Snack: Banana/Crackers</p>	<p>19 <u>Breakfast: Pancakes</u></p> <p>Grilled Cheese-wg</p> <p>Tater Tots-wg</p> <p>Carroteenies</p> <p>Pears</p> <p>Milk</p> <p>Snack:: Applesauce/Milk</p>	<p>20 <u>Breakfast: Muffin</u></p> <p>West Teachers' Choice</p> <p>Loaded Tater Tots</p> <p>Ding Dong Cake</p> <p>Mixed Fruit</p> <p>Snack: Goldfish-wg/100% Juice</p>
<p>23 <u>Breakfast: Cereal</u></p> <p>Mini Corn Dogs-wg</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Peaches</p> <p>Milk</p> <p>Snack: Animal Crackers wg/Milk</p>	<p>24 <u>Breakfast: Mini Waffles</u></p> <p>Sausage Patty</p> <p>Pancake-wg</p> <p>Baked Peaches</p> <p>Mandarin Oranges</p> <p>Milk</p> <p>Snack: Yogurt/100% Juice</p>	<p>25 <u>Breakfast: Mini French Toast</u></p> <p>Stuffed Crust Pizza-wg</p> <p>Baked Beans</p> <p>Applesauce</p> <p>Cookie-wg</p> <p>Milk</p> <p>Snack: Banana/Milk</p>	<p>26 <u>Breakfast: Pancakes</u></p> <p>Taco in a Bag-wg</p> <p>Corn</p> <p>Pears</p> <p>Cinnamon Roll-wg</p> <p>Milk</p> <p>Snack: Cheez-its-wg/100% Juice</p>	<p>27 <u>Breakfast: Muffin</u></p> <p>Bosco Sticks-wg</p> <p>California Vegetables</p> <p>Mixed Fruit</p> <p>Cookie-wg</p> <p>Snack: Apple Slices/Crackers</p>
<p>30 <u>Breakfast: Cereal</u></p> <p>Popcorn Chicken-wg</p> <p>Baked Beans</p> <p>Broccoli</p> <p>Peaches</p> <p>Milk</p> <p>Snack: Cheese Stick/100% Juice</p>				