

Child Study Center - Lunch

September 1 - September 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				1
4	5	6	7	8
LABOR DAY	All Beef Hamburger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-8 oz.	Sliced Chicken on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-8 oz.	Meatball Sandwich on a Wheat Hot Dog Bun-1 Green Beans-1/2 c Diced Peach Cup-1/2 c. Milk-8 oz.	3x5 Pizza-1 Romaine Salad w/ Dressing-1 c. Strawberry Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 Milk-8 oz.
11	12	13	14	15
Chicken Fingers-3 Corn-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	Cheese Lasagna w/ Meat Sauce-5 oz. Green Beans-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	Sliced Turkey Breast on a Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	Grilled Teriyaki Chicken Bites-4 Mixed Vegetables-1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
18	19	20	21	22
Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.	Mexican Beef-5 oz. Corn-1/2 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 Milk-8 oz.	Grilled BBQ Chicken Bites-4 Green Beans-1/2 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	All Beef Hamburger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Fresh Apple-1 Milk-8 oz.	3x5 Pizza-1 Romaine Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 Milk-8 oz.
25	26	27	28	29
Breaded Chicken Patty on a Wheat Bun-1 Green Beans-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce-5 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.	Sliced Chicken on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Orange-1 Milk-8 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	Baked Ziti-5 oz. Green Peas-1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.

Child Study Center - Vegetarian

September 1 - September 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 c. Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz.
4 LABOR DAY	5 Veggie Burger on a Wheat Bun-1 Corn-1/2 c. Fresh Apple-1 Milk-8 oz.	6 American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Banana-1 Milk-8 oz.	7 Veggie Meatball Sandwich on a Wheat Hot Dog Bun-1 Green Beans-1/2 c Diced Peach Cup-1/2 c. Milk-8 oz.	8 3x5 Pizza-1 Romaine Salad w/ Dressing-1 c. Strawberry Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 Milk-8 oz.
11 Veggie Nuggets-4 Corn-1/2 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	12 Cheese Lasagna w/ Spaghetti Sauce-5 oz. Green Beans-1/2 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	13 American Cheese on a Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.	14 Veggie Meatballs w/ Gravy-4 Mashed Potatoes-1/2 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	15 Mozzarella Sticks-4 Mixed Vegetables-1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
18 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-1/2 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.	19 Veggie Mexican Beef-5 oz. Corn-1/2 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 Milk-8 oz.	20 Veggie Nuggets-4 Green Beans-1/2 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	21 Veggie Burger on a Wheat Bun-1 Mixed Vegetables-1/2 c. Fresh Apple-1 Milk-8 oz.	22 3x5 Pizza-1 Romaine Salad w/ Dressing-1 c. Peach Applesauce Cup-1/2 c. Mozzarella Cheese Sticks-1 Milk-8 oz.
25 Breaded Veggie Chicken Patty on a Wheat Bun-1 Green Beans-1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.	26 Veggie Meatballs w/ Sauce-5 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.	27 American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots with Dip-1/2 c. Fresh Orange-1 Milk-8 oz.	28 Mozzarella Sticks-4 Mashed Potatoes-1/2 c. Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	29 Baked Ziti-5 oz. Green Peas-1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.

Child Study Center - Snack

September 1 - September 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Plain Breadstick-2 Strawberry Banana Yogurt-4 oz.
4 LABOR DAY	5 Fresh Orange-1 Whole Grain Cheeze Its-1 oz.	6 Fresh Apple-1 Pretzels-1 oz.	7 Plain Breadstick-2 Blueberry Yogurt-4 oz.	8 Fresh Orange-1 Wheat Wafers-1 oz.
11 Fresh Orange-1 Blueberry Loaf-2 oz.	12 Fresh Pear-1 Cheddar Cheese Sticks-1 oz.	13 Fresh Apple-1 Pretzel Goldfish-1 oz.	14 Fresh Orange-1 Corn Bread-2 oz.	15 Plain Breadstick-2 Peach Yogurt-4 oz.
18 Fresh Apple-1 Cheese Goldfish-1 oz.	19 Fresh Pear-1 Pretzels-1 oz.	20 Plain Breadstick-2 Strawberry Yogurt-4 oz.	21 Fresh Orange-1 Wheat Wafers-1 oz.	22 Fresh Apple-1 Whole Grain Cheeze Its-1 oz.
25 Fresh Orange-1 Apple Loaf-2 oz.	26 Fresh Apple-1 Cheddar Cheese Sticks-1 oz.	27 Fresh Banana-1 Pretzel Goldfish-1 oz.	28 Fresh Apple-1 Raisin Bread w/ Margarine-1	29 Fresh Pear-1 Strawberry Banana Yogurt-4 oz.