

September 2017 Breakfast and Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Center Closed
4	5	6	7	8
Center Closed	Scrambled Eggs@ Whole Wheat Tortilla\$% Apples Snack: Saltines\$% and SunButter	Whole Grain Cheerios\$ Oranges Snack: Bananas and Oyster crackers#\$\$%	Whole Wheat Enriched Craisin Cream Scones@#\$\$% Apples Snack:: Mini Bagels\$% and Cream Cheese#	Whole Wheat Pancakes@#\$\$ Oranges Snack: Wheat Crackers\$% and Strawberries
11	12	13	14	15
Rolled Oats Oatmeal Oranges Snack: Watermelon	Scrambled Eggs@ Whole Wheat Tortilla\$% Apples Snack: Saltiness\$% and Humus %	Whole Grain Cheerios\$ Oranges Snack: Bananas and blueberry Yogurt#	Whole Wheat Enriched Blueberry Muffins\$ Apples Snack: Cheese Cubes# and Oyster Crackers#\$\$%	Whole Wheat Pancakes@#\$\$ Oranges Snack: Wheat Crackers\$% and Veggie with Ranch@#
18	19	20	21	22
Rolled Oats Oatmeal Oranges Snack: Cantaloupe and Honey Dew	Scrambled Eggs@ Whole Wheat Tortilla\$% Apples Snack: String Cheese# and Oyster Crackers#\$\$%	Whole Grain Cheerios\$ Oranges Snack: Bananas and Saltines\$%	Whole Wheat Enriched Cheddar River Biscuits#\$\$% Apples Snack: Mini Bagels\$% and Cream Cheese#	Whole Wheat Pancakes@#\$\$ Oranges Snack: Wheat Crackers\$% and Cuties
25	26	27	28	29
Rolled Oats Oatmeal Oranges Snack: Watermelon	Scrambled Eggs@ Whole Wheat Tortilla\$% Apples Snack: Cheese Cubes# and Oyster Crackers#\$\$%	Whole Grain Cheerios\$ Oranges Snack: Bananas and Strawberry Yogurt#	Whole Wheat Enriched Crasin Muffins\$ Apples Snack: Saltines\$% and SunButter	Whole Wheat Pancakes@#\$\$ Oranges Snack: Wheat Crackers\$% and Veggie with Ranch@#

MILK IS SERVED WITH ALL MEALS INCLUDING BREAKFAST, LUNCH AND SNACKS Food Alerts: @ - Eggs, # - Milk, \$ - Wheat, % - Soy, ? - Have to find out