



September 2022 Lunch & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 & 2 Year Old's (5 choices including milk) 1 oz meat/meat alternate 1/8 c fruit & 1/8 c veggie 1/2 slice bread alternate Milk-AM & PM Snacks</p> <p>1/2 c 1 & 2 Year Old 1/2 c 3 & 4 Year Old Lunch 1/2 c 1 & 2 Year Old 3/4 c 3 & 4 Year Old USDA is an equal opportunity employer and provider</p>	<p>Lunch 3 & 4 Year Old's (5 choices including milk) 1 1/2 oz meat/meat alternate 1/4 c fruit and 1/4 c vegetables 1/2 slice bread or bread alternate Morning & Pm Snack (2 Choices) 1/2 oz meat/meat alternate 1/2 c fruit or veggie 1/2 slice bread or bread alternative</p>	<p>USDA is an equal opportunity employer</p>	<p>1 Pancake w/ berry sauce, sausage, milk</p> <p>Meatball sandwich on WGR Bun, sweet potato fries, melon, milk</p> <p>Cucumber slices, pretzel sticks</p>	<p>2</p> <p>SCP Closed</p>
<p>5</p> <p>SCP Closed</p>	<p>6 French Tst. Sticks, berries, milk</p> <p>Tortellini vegetable soup, pita bread, pears, milk</p> <p>Kiwi, WGR Goldfish crackers</p>	<p>7 Oatmeal, peaches, milk</p> <p>Beef Quesadilla on WGR tortilla, black beans, broccoli, manoes, milk</p> <p>Ricecake w/sunbutter, string cheese</p>	<p>8 WGR Cheerios, banana, milk</p> <p>Chicken Cordon Bleu, mashed potatoes, peas, orange slices, milk</p> <p>Baked apples & bananas, pretzel sticks</p>	<p>9 Blueberry Muffin, mandarin oranges, milk</p> <p>Sunbutter & Jelly sandwich on WGR bread, carrot sticks, melon, milk</p> <p>Green pepper slices, crackers</p>
<p>12 Bagel w/ cream cheese, tropical fruit salad, milk</p> <p>Stir Fry Pork w/ WGR rice, broccoli, peaches, milk</p> <p>HM Hummus, Pita bread</p>	<p>13 Scrambled eggs, WGR Toast, pears, milk</p> <p>WGR Pasta w/ meatballs and marinara, bread stick, cauliflower, apple slices, milk</p> <p>Egg Roll, Jicama</p>	<p>14 Cinnamon Raisin tst., melon, milk</p> <p>Tuscan Grilled Cheese on WGR bread, tomato soup, green beans, oranges, milk</p> <p>Cottage Cheese, Pineapple</p>	<p>15 Waffles, applesauce, milk</p> <p>Pepperoni Pizza, corn, pineapple,, milk</p> <p>String cheese & Crackers</p>	<p>16 Corn muffin, mangoes, milk</p> <p>Chicken sandwich on WGR bun, sweet potato fries, mandarin oranges, milk</p> <p>Warm pretzel, mangoes</p>
<p>19 English Muffin, peaches, milk</p> <p>Chicken Noodle soup. corn bread, cauliflower, grapes, milk</p> <p>Yogurt & Berries</p>	<p>20 Rice Krispies, strawberries, milk</p> <p>Macaroni & Cheese, ham roll up, peas, pineapple, milk</p> <p>Rice Cake & banana</p>	<p>21 Croissant w/ sunbutter, pears, milk</p> <p>Beef Quesadilla, black beans, broccoli, mandarin oranges, milk</p> <p>Pretzel sticks & grapes</p>	<p>22 Breakfast Muffin, applesauce, milk</p> <p>Chicken Cordon Bleu, mashed potatoes, roasted mixed veggies, pears, milk</p> <p>Pumpkin bread, peaches</p>	<p>23 Breakfast burrito, tropical fruit salad, milk</p> <p>Turkey & Cheese sandwich on WGR bread, carrots, melon, milk</p> <p>Mango salsa & crackers</p>
<p>26 Pancake, berries, milk</p> <p>Chili, pita bread, roasted cauliflower, apple slices, milk</p> <p>Smoothie, WGR Goldfish crackers</p>	<p>27 WGR Tst., sausage, pears, milk</p> <p>Rainbow rice w/chicken, peas, orange slices, milk</p> <p>Breadsticks w/ marinara, green pepper slices</p>	<p>28 WGR Cheerios, banana, milk</p> <p>Pulled Pork on WGR bun, roasted potatoes, green beans, applesauce, milk</p> <p>Creamy avocado dip, WGR crackers</p>	<p>29 French Tst. sticks, melon, milk</p> <p>Cheese ravioli in marinara, meatballs, corn, grapes, milk</p> <p>Banana bread, tropical fruit salad</p>	<p>30 Oatmeal, berries, milk</p> <p>Cheeseburger on WGR bun, sweet potato fries, tropical fruit salad, milk</p> <p>Graham crackers w/sunbutter & tomatoes</p>

