

Meal Plan September 2020

Key: Breakfast, **Breakfast**, Lunch, Snack

| | Monday | Tuesday | Wednesday | Thursday | Friday | Info |
|------------------|---|--|---|---|--|--|
| Breakfast | 8/31 *** Assorted Cereal/Fruit / Milk | 1 Jelly Biscuits /Fruit/ Milk | 2*** Assorted Cereal/Fruit / Milk | 3*** Mini Muffins/Yogurt/Milk | 4*** Assorted Cereal/Fruit / Milk | *MENU ITEMS SUBJECT TO CHANGE* |
| Lunch | Country Fried Steak Mashed Potatoes Pineapple / Milk | Chicken Nuggets Mixed Vegetables Apple Sauce / Milk | Hot Dog Roll ups Green Beans Mandarin Oranges / Milk | Chicken Pasta Casserole Roasted Broccoli Peaches / Milk | Cheese Pizza Salad Mixed Fruit / Milk | |
| <u>Snack</u> | <u>Oatmeal Cookies / Juice / Water</u> | <u>Saltine Crackers / Cheese Cubes / Juice / Water</u> | <u>Vanilla Graham Dot / Juice / Water</u> | <u>Chech Mix / Juice / Water</u> | <u>Chocolate Cream Pies / Juice / Water</u> | |
| Breakfast | 7 <u>MCA WILL BE CLOSED FOR LABOR DAY</u> | 8 Mini Muffins/Yogurt/Milk | 9 Assorted Cereal/Fruit / Milk | 10 Blueberry Pancakes/Milk | 11 Assorted Cereal/Fruit / Milk | *We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches. |
| Lunch | | Macaroni & Cheese Roasted Broccoli Apple Slices / Milk | Steak Fingers Carrots Pears / Milk | Chicken Quesadilla Salad Pineapple / Milk | Ham Patty with Rolls Green Beans Mandarin Oranges / Milk | |
| <u>Snack</u> | | <u>Teddy Grahams / Juice / Water</u> | <u>Rich & Crisp Crackers/ Pickles / Juice / Water</u> | <u>Vanilla Wafers / Juice / Water</u> | <u>Cheese Whales / Juice / Water</u> | |
| Breakfast | 14 Assorted Cereal/Fruit / Milk | 15 French Toast/Fruit/ Milk | 16 Assorted Cereal/Fruit / Milk | 17 Mini Bagels/Fruit/ Milk | 18 Assorted Cereal/Fruit / Milk | ***Indicates the lunch may contain Dairy** |
| Lunch | Beef Nuggets Corn Peaches / Milk | Sweet & Sour Meatballs Rice / Stir Fry Veggies Mandarin Oranges / Milk | Meatloaf Mashed Potatoes Pineapple / Milk | Chicken Sandwiches Tater Tots Apple Sauce / Milk | Beanie Weanies Carrots Pears / Milk | |
| <u>Snack</u> | <u>Chocolate Animal Crackers / Juice / Water</u> | <u>Wheat Crackers / String Cheese / Juice / Water</u> | <u>Oatmeal Cream Pies / Juice / Water</u> | <u>Snack Mix / Juice / Water</u> | <u>Fruit Bars / Juice / Water</u> | |
| Breakfast | 21 Assorted Cereal/Fruit / Milk | 22 Waffles /Fruit /Milk | 23 Assorted Cereal/Fruit / Milk | 24 Pancakes/Fruit/ Milk | 25 Assorted Cereal/Fruit / Milk | |
| Lunch | Cheese Tortellini Salad Apple Slices / Milk | Turkey Corn Dog Nuggets Mixed Vegetables Pears / Milk | Hamburger on Bun Green Beans Mandarin Oranges / Milk | Cheese Pizza Carrots Pineapple / Milk | Chicken Tacos Corn Mixed Fruit / Milk | |
| <u>Snack</u> | <u>Oyster Crackers / Raisins / Juice / Water</u> | <u>Fruit Snacks/ Juice / Water</u> | <u>Cheese its / Juice / Water</u> | <u>Animal Crackers / Juice / Water</u> | <u>Mini Pretzel Twist / Juice / Water</u> | |
| Breakfast | 28 Assorted Cereal/Fruit / Milk | 29 Blueberry Pancakes/Milk | 30 Assorted Cereal/Fruit / Milk | 10/1 Jelly Biscuits /Fruit/ Milk | 10/2 Assorted Cereal/Fruit / Milk | |
| Lunch | Fish Sticks Carrots Pineapple / Milk | Beef Ravioli Green Beans Mandarin Oranges / Milk | Grilled Chicken Nuggets Mixed Vegetables Pears / Milk | Turkey & Cheese Sliders Roasted Broccoli Mixed Fruit / Milk | Cowboy Casserole Corn Peaches / Milk | |
| <u>Snack</u> | <u>Sugar Cookies/ Juice / Water</u> | <u>Ritz Bits with Cheese / Juice / Water</u> | <u>Animal Crackers/ Juice / Water</u> | <u>Goldfish Crackers/ Juice / Water</u> | <u>Rice Krispy Treats / Juice / Water</u> | |

