

BREAKFAST, LUNCH & SNACK AT CDC

September 2020

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7
Closed For Labor Day

Mini Cinnis W/ Pears **1**
Beef Hamburger Slider W/ Whole Grain Bun, Tater Tots, Fruit Cocktail
Watermelon

Cereal W/ Applesauce **2**
Chicken Patty W/ Whole Grain Bun, Smiley Fries, Peaches
Whole Grain Krispie Treats

French Toast Sticks W/ Blueberries **3**
Taco Logs, Waxed Beans, String Cheese, Watermelon
Cookie Bug Bites

Muffin W/ Yogurt, Applesauce **4**
Chicken & Biscuits, Mashed Potatoes, Peaches
String Cheese

Cereal W/ Strawberries **8**
Mini Corn Dogs, Smiley Fries, Peaches
Graham Crackers

Hard Boiled Egg, Buttermilk Biscuit, Pears **9**
Macaroni & Cheese, Rolled Sliced Turkey, Green Beans, Mandarin Oranges
Banana

French Toast Sticks W/ Blueberries **10**
Egg & Cheese Omelet, Buttermilk Biscuit, Corn, Pineapple
Goldfish Crackers

Muffin W/ Yogurt, Applesauce **11**
Zoo Chicken Nuggets, Whole Grain Bread, Tater Tots, Pears
Banana

Mini Cinnis W/ Applesauce **14**
Turkey Meatballs W/ Gravy over Noodles, Green Beans, Peaches
Cookie Bug Bites

Egg & Cheese Omelet, Hash Browns, Pears **15**
Build a Beef Taco, French Fries, Fruit Cocktail
Watermelon

Pancakes W/ Strawberries **16**
Grilled Ham & Cheese on Whole Grain Bread, Carrots, Orange Slices
Whole Grain Krispie Treats

Muffin W/ Blueberries **17**
Chicken Fajita Strips, Soft Pretzel, Green Beans, Pineapple
Watermelon

Apple Roll Pastry W/ Peaches **18**
Fish Sticks W/ Whole Grain Bread, Corn, Orange Slices
String Cheese

Hard Boiled Egg, Buttermilk Biscuit, Peaches **21**
Grilled Ham and Cheese on Whole Grain Bread, Tomato Soup, Applesauce
Graham Crackers

French Toast Sticks W/ Strawberries **22**
Pasta W/ Red Sauce, Meatballs, Waxed Beans, Pineapple
Banana

Muffin W/ Yogurt, Applesauce **23**
Chicken Patty W/ Whole Grain Bun, Smiley Fries, Peaches
Whole Grain Krispie Treats

Cereal W/ Pears **24**
Beef Cheeseburger Slider W/ Whole Grain Bun, Tater Tots, Fruit Cocktail
Banana

Pancakes W/ Blueberries **25**
Cheese Pizza, Corn, Pears
Goldfish Crackers

Mini Cinnis W/ Yogurt, Applesauce **28**
Beef Ravioli, Green Beans, Mandarin Oranges
Cookie Bug Bites

Cereal W/ Pears **29**
Grilled Ham & Cheese on Whole Grain Bread, Carrots, Peaches
Watermelon

Muffin W/ Yogurt, Blueberries **30**
Chicken & Gravy W / White Rice, Green Beans, Pineapple
Graham Crackers

MENU SUBJECT TO CHANGE AT ANY TIME
Whole White Milk & 1% White Milk served daily with each meal.
Options for Cereal – Cheerios, Rice Krispies and Corn Flakes

Daily Substitutes: Ham & Cheese Sandwich, Vegetarian Sandwich, Assorted Cereal, Condiments Available Daily (Ranch, Ketchup & Syrup)