

SEPTEMBER

Elementary Early Education 3-5yr Breakfast Menu 2019



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.



NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG STRAWBERRY PANCAKES APPLESAUCE MILK	3 WG BANANA PANCAKES BLUEBERRIES MILK	4 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	5 WG CHEERIOS WG TOAST STRAWBERRIES MILK	6 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
9 WG STRAWBERRY PANCAKES APPLESAUCE MILK	10 WG RICE CHEX CEREAL WG TOAST PEARS MILK	11 WG BISCUITS & GRAVY BANANA MILK	12 WG BLUEBERRY MUFFIN ASSORTED YOGURT ORANGE WEDGES MILK	13 WG CHEERIOS WG TOAST PEACHES MILK
16 WG BREAKFAST PIZZA PEARS MILK	17 WG BANANA PANCAKES BLUEBERRIES MILK	18 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	19 WG CHEERIOS WG TOAST STRAWBERRIES MILK	20 WG BLUEBERRY BASH WAFFLES ORANGE WEDGES MILK
23 WG STRAWBERRY PANCAKES APPLESAUCE MILK	24 WG BLUEBERRY MUFFIN ASSORTED YOGURT PEARS MILK	25 WG BISCUITS & GRAVY BANANA MILK	26 WG TAC-GO, SALSA ORANGE WEDGES MILK	27 NO SCHOOL
30 WG BREAKFAST PIZZA PEARS MILK				



September




Elementary Early Education 3-5 yr Lunch Menu 2019



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WG - Whole Grain

Fresh Fruits & Vegetable Offered Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>WG CHICKEN & NOODLES WG BISCUIT MIXED VEGETABLES MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>	<p>3</p> <p>WG GRILLED CHEESE TATER TOTS COOKED CORN MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>	<p>4</p> <p>WG SPAGHETTI W/ ZESTY MEATSAUCE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK</p>	<p>5</p> <p>WG CHICKEN PATTY MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS RANCH DRESSING BLUEBERRIES MILK</p>	<p>6</p> <p>WG FIESTADA PIZZA STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>
<p>9</p> <p>WG CHICKEN & NOODLES WG BISCUIT MIXED VEGETABLES MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>	<p>10</p> <p>WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING MIXED BERRIES MILK</p>	<p>11</p> <p>WG FISH STICKS WG MAC N CHEESE STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING ROSY APPLESAUCE MILK</p>	<p>12</p> <p>MEATLOAF MASHED POTATOES & GRAVY WG HOT ROLL COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING PEARS MILK</p>	<p>13</p> <p>SLOPPY JOE ON WG BUN BAKED FRIES GREEN BEANS MIXED SALAD GREENS RANCH DRESSING HOT SPICED APPLES MILK</p>
<p>16</p> <p>WG MANDARIN CHICKEN WG STIR-FRIED FRICE PEAS & CARROTS MIXED GREEN SALAD RANCH DRESSING PEACHES MILK</p>	<p>17</p> <p>HOT HAM & CHEESE ON WG GOLDFISH BREAD SWEET POTATO TRAX STEAMED BROCCOLI MIXED SALAD GREENS RANCH DRESSING STRAWBERRIES MILK</p>	<p>18</p> <p>WG LASAGNA ROLLUP WG BREADSTICK COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK</p>	<p>19</p> <p>WG CHICKEN NUGGETS MASHED POTATOES & GRAVY WG DINNER ROLL GREEN BEANS MIXED SALAD GREENS ITALIAN DRESSING BLUEBERRIES MILK</p>	<p>20</p> <p>WG CHEESE PIZZA COOKED CARROTS MIXED SALAD GREENS RANCH DRESSING PEARS MILK</p>
<p>23</p> <p>WG CHICKEN SANDWICH MIXED VEGETABLES MIXED SALAD GREENS RANCH DRESSING PEACHES MILK</p>	<p>24</p> <p>WG SOFT SHELLED TACO SALSA COOKED CORN MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK</p>	<p>25</p> <p>CHICKEN TERIYAKI WG LO MEIN NOODLES STEAMED BROCCOLI MIXED SALAD GREENS ITALIAN DRESSING PINEAPPLE TIDBITS MILK</p>	<p>26</p> <p>WG COUNTRY STYLE STEAK MASHED POTATOES & GRAVY WG HOT ROLL PEAS MIXED SALAD GREENS RANCH DRESSING PEARS MILK</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30</p> <p>WG CHICKEN N WAFFLES SYRUP BAKED BEANS MIXED SALAD GREENS ITALIAN DRESSING PEACHES MILK</p>				

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SEPTEMBER

Elementary Early Education 3-5 yr Snack Menu 2019



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WG - Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 APPLE SLICES MILK	4 WG CRISPY CHEDDAR CRACKERS MILK	5 WG SIMPLY STRAWBERRY CHEX MILK	6 WG BLUEBERRY MUFFIN MILK
9 WG CRISPY VEGGIE CRACKERS MILK	10 BLUEBERRY LEMON CRISPY BITES MILK	11 WG CHEDDAR GOLDFISH MILK	12 SLICED APPLES MILK	13 WG ORIGINAL GRAHAMS MILK
16 WG ANIMAL CRACKERS MILK	17 APPLE SLICES MILK	18 WG SIMPLY STRAWBERRY CHEX MILK	19 WG APPLE CINNAMON MUFFIN MILK	20 WG CHEEZ-IT CRACKERS MILK
23 WG RASPBERRY MINI BITES MILK	24 WG CHEDDAR GOLDFISH MILK	25 APPLESAUCE CUP MILK	26 WG ORIGINAL GRAHAMS MILK	27 NO SCHOOL
30 WG ANIMAL CRACKERS MILK				

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816.521.5371