

# Hello, September!


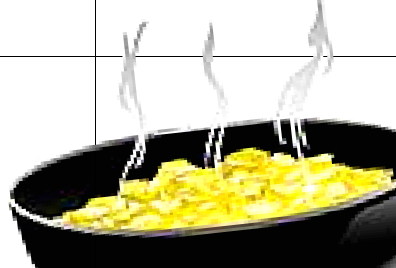
## Truman Early Education 1-2yr Breakfast Menu



**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
3 	4 WG BISCUITS & GRAVY PEACHES MILK	5 WG BLUEBERRY BASH WAFFLES BANANA MILK	6 CHEESY SCRAMBLED EGGS WG TOAST PEARS MILK	7 WG CHEERIOS YOGURT ORANGE WEDGES MILK
10 WG MINI STRAWBERRY PANCAKES STRAWBERRIES MILK	11 WG APPLE CINNAMON OATMEAL PEARS MILK	12 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	13 WG MINI BANANA PANCAKES PEACHES MILK	14 WG RICE CHEX CEREAL WG TOAST BLUEBERRIES MILK
17 WG MINI BLUEBERRY PANCAKES KIWI WEDGES MILK	18 WG BISCUITS & GRAVY PEACHES MILK	19 WG CHERRIOS CEREAL ASSORTED YOGURT BANANA MILK	20 CHEESY SCRAMBLED EGGS WG TOAST PEARS MILK	21 WG TRK/SAU BREAKFAST PIZZA ORANGE WEDGES MILK
24 WG RICE CHEX CEREAL WG TOAST PEACHES MILK	25 CHEESY SCRAMBLED EGGS WG MINI BISCUIT STRAWBERRIES MILK	26 WG MINI STRAWBERRY PANCAKES BANANA MILK	27 WG APPLE CINNAMON OATMEAL PEARS MILK	28 NO SCHOOL
				

My Plate is based on new dietary guidelines released by the government last January, which encourages Americans to eat more fruits, vegetables, and whole grains and fewer processed foods. It is part of a concerted effort by the Department of Agriculture and the First Lady to improve nutrition, especially among children.



2018

## Truman Early Education 1-2yr Lunch Menu



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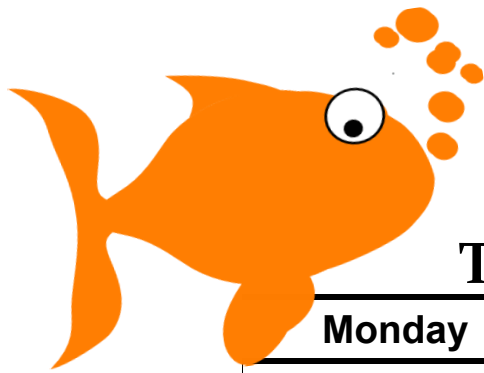
WG - Whole Grain

**Fresh Fruits & Vegetable Offered Daily.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>LABOR DAY</b></p>	<p>4</p> <p>WG CHEESE PIZZA GREEN BEANS ORANGE WEDGES MILK</p>	<p>5</p> <p>WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED SALAD GREENS ITALIAN DRESSING APPLESAUCE MILK</p>	<p>6</p> <p>WG CHICKEN NUGGETS MASHED POTATOES COUNTRY GRAVY MIXED VEGETABLES STRAWBERRIES MILK</p>	<p>7</p> <p>CHEESEBURGER ON WG BUN LETTUCE/TOMATO/PICKLE COOKED CARROTS PEACHES MILK</p>
<p>10</p> <p>SLOPPY JOE ON WG BUN BAKED FRIES GREEN BEANS SLICED APPLES MILK</p>	<p>11</p> <p>WG BEEF ENCHILADAS WG MEXICAN RICE COOKED CORN BANANA SALSA MILK</p>	<p>12</p> <p>CHICKEN ALFREDO W/ WG NOODLES MIXED SALAD GREENS ITALIAN DRESSING STRAWBERRIES MILK</p>	<p>13</p> <p>WG SALISBURY STEAK MASHED POTATOES BEEF GRAVY WG HOT ROLL COOKED CARROTS ROSY APPLESAUCE MILK</p>	<p>14</p> <p>WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS PEARS MILK</p>
<p>17</p> <p>WG CHICKEN NUGGETS AUGRATIN POTATOES STEAMED BROCCOLI ORANGE WEDGES MILK</p>	<p>18</p> <p>WG FIESTADA PIZZA COOKED CARROTS STRAWBERRY MEDLEY MILK</p>	<p>19</p> <p>WG CHICKEN PARMESAN MIXED SALAD GREENS RANCH DRESSING APPLESAUCE MILK</p>	<p>20</p> <p>WG BEEF FINGERS MASHED POTATOES COUNTRY GRAVY GREEN BEANS STRAW/POM JUICE CUP MILK</p>	<p>21</p> <p>CHICKEN TERIYAKI STIR-FRY W/ WG NOODLES COOKED PEAS PEACHES MILK</p>
<p>24</p> <p>WG GRILLED CHEESE SANDWICH GREEN BEANS APPLE SLICES MILK</p>	<p>25</p> <p>WG SOFT TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK</p>	<p>26</p> <p>WG BEEFY MAC &amp; CHEESE MIXED SALAD GREENS RANCH DRESSING PEACHES MILK</p>	<p>27</p> <p>SLICED MEATLOAF WG HOT ROLL MASHED POTATOES &amp; BEEF GRAVY COOKED CARROTS HOT SPICED APPLES MILK</p>	<p>28</p> <p><b>NO SCHOOL</b></p>

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# Welcome SEPTEMBER

*be sweet!*

## Truman Early Education 1-2yr Snack Menu

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WG - Whole Grain



Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>HAPPY LABOR DAY</b>	4 WG CRISPY VEGGIE CRACKERS MILK	5 WG CHERRY BERRY MUFFIN SQUARES MILK	6 BANANA MILK	7 STRING CHEESE WG CRACKERS 100% APPLE JUICE
10 WG ORIGINAL GRAHAMS MILK	11 WG GOLDFISH CRACKERS MILK	12 CINNAMON APPLESAUCE CUP MILK	13 ASSORTED YOGURT 100% APPLE JUICE	14 ORANGE WEDGES MILK
17 STRING CHEESE WG CRACKERS 100% APPLE JUICE	18 WG CRISPY VEGGIE CRACKERS MILK	19 WG CHERRY BERRY MUFFIN SQUARES MILK	20 BANANA MILK	21 WG ANNIE'S CHEDDAR BUNNIES MILK
24 WG GOLDFISH CRACKERS MILK	25 CINNAMON APPLESAUCE CUP MILK	26 WG ORIGINAL GRAHAMS MILK	27 ASSORTED YOGURT 100% APPLE JUICE	28 <b>NO SCHOOL</b>

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