



Kidz Café September 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(B) Breakfast (L) Lunch (S) Snack (HM) Homemade</p>	<p>Taste the Difference! *Milk is served with Breakfast and lunch. Whole Milk for Children under 2 and 1 % for children over the age of 2. *100 % Juice or water is served with afternoon snack. *Portions meet CACFP requirements for all ages. *Bread Products are whole wheat or whole grain. *Diced Fruits stored in juice (not syrup) *Cereal products contain no more than 6 grams of sugar. *Turkey Products served. No Pork or Beef</p>			
<p>3 Closed in Observance of Labor Day</p>	<p>4 (B) Corn Flakes, Peaches (L) Grilled Chicken and Cheese Quesadillas, Orange Glazed Carrots, Diced Pears (S) Yogurt, Diced Peaches and water</p>	<p>5 (B) Pancakes, Mixed Fruit (L) Cheese Burger on a whole wheat bun, Peas, Applesauce (S) Pretzels, Soy Butter and water</p>	<p>6 (B) Kix Cereal, Pineapples (L) Turkey and Rice Casserole, Green Beans, Sliced Apples (S) Corn Chips, Cheddar Cheese, Salsa and water</p>	<p>7 (B) French Toast, Sliced Oranges (L) Tuna Cheese Melt, Mixed Vegetables, mixed fruit (S) Cheez-Its, String Cheese and water</p> <p>Grandparents for Snack</p>
<p>10 (B) Cheerios, Sliced Apples (L) Italian Turkey Meatballs on a sub roll, Corn and Apple Sauce (S) Kidz Mix and 100% Apple Juice</p>	<p>11 (B) Pancakes, Sliced Peaches (L) Taco Salad made w/Lean Ground Turkey, Spanish Rice, Green Beans, Pineapples (S) Goldfish Crackers and 100% Apple Juice</p>	<p>12 (B) Kix Cereal with Applesauce (L) Baked Chicken Breast with long grain brown rice, peas, Mixed Fruit (S) String cheese, wheat crackers and water</p>	<p>13 (B) French Toast Sticks, sliced peaches (L) Whole Wheat Spaghetti w/Meat Sauce, Carrots, Pears (S) Vanilla Yogurt, Mixed Fruit, Water</p>	<p>14 (B) Corn Flakes, Pineapples (L) Chicken Nuggets, Mixed Veg., sliced apples, Whole Wheat Bread (S) Fresh Sliced Cucumbers with low fat ranch dip, wheat crackers and water</p>
<p>17 (B) Waffles, Apple sauce (L) Grilled Cheese Sandwich, Green Beans, Mixed Fruit, Yogurt (S) Kidz, Mix and 100% Grape Juice</p>	<p>18 (B) Cheerios with Diced peaches (L) Lemon Zest Baked Tilapia, Peas, Pineapple Chunks, Long grain brown rice (S) Apple slices, Soy Butter and Water</p>	<p>19 (B) Pancakes, Mixed Fruit (L) All American Cheese Burger on a whole wheat bun, Carrots, Diced Watermelon (S) Strawberry Yogurt, 100% Grape Juice</p>	<p>20 (B) Corn Chex Cereal with Sliced Bananas (L) Whole Wheat Cheese pizza with Turkey Crumbles, Mixed Veg., cinnamon apples (S) Cheez-Its and 100% Grape Juice</p>	<p>21 (B) Kix Cereal, Orange Slices (L) Turkey and Cheese Sandwich on Whole wheat bread, Corn, Fruit Cocktail (S) Ants on a Log (celery, soy butter, raisins) and 100% Grape Juice</p>
<p>24 (B) Whole Wheat Toast, sliced peaches (L) Whole Wheat Spaghetti w/Meat Sauce, Mixed Vegetables, Pears (S) Kidz, Mix and 100% Grape Juice</p>	<p>25 (B) Waffles, Apple sauce (L) Fun Fish, Green Beans, Mixed Fruit, Brown Rice (S) Vanilla Yogurt, Blueberries and Water</p>	<p>26 (B) Kix Cereal and Diced Pineapples (L) Turkey Meatballs in BBQ Sauce, Whole Wheat Bread, Peas, Peaches (S) Watermelon, Wheat Crackers, and water</p>	<p>27 (B) Corn Flakes, Sliced Bananas (L) Cheese & Chicken Quesadillas, orange glazed carrots, Diced Pears (S) Cheeze its and 100% Grape Juice</p>	<p>28 (B) Whole Wheat Toast with pineapples (L) Turkey Dog on a whole Wheat Bun, mixed veggies, Applesauce (S) Strawberry Yogurt, Wheat Crackers and Water</p>

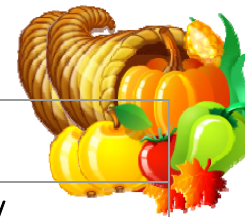
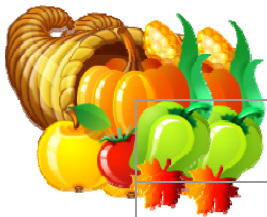








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1 (B) French Toast Sticks, Diced Peaches (L) Soy Butter and Jam Sandwich on Whole Wheat Bread, Green Beans, Pineapples, Yogurt (S) Kidz Mix with 100% Apple Juice	2 (B) Corn Chex Cereal w/Sliced Oranges (L) Chicken Nuggets, Brown Rice, Garden Salad w/low fat ranch dressing, sliced apples (S)Wheat Crackers, American Cheese Slices and Water	3 (B) Pineapples, Cheerios (L) Italian Turkey Meat Balls, Whole Wheat Bread, Peas, Pears (S) Soy Butter, Pretzels and 100% Grape Juice	4 (B) Waffles, Applesauce (L) Fun Fish, Long Grain Rice, Mixed Vegetables, Peaches (S) Corn Chips, Cheddar Cheese, Salsa and water	5 (B) Toast, Sliced Bananas (L) Turkey and Cheese Sandwich on Whole wheat bread, Mixed Veg., Fruit Cocktail (S) Goldfish and 100% Apple Juice
8(B) Whole Grain English Muffins, Grape Jelly, Banana (L) Tuna Fish Sandwich on Whole Wheat Bread, Mixed Veg., Peaches (S) Apple Slices, Soy Butter, and water	9 (B) Pancakes, Sliced Oranges (L) All American Cheese Burger on a whole wheat bun, Carrots, Applesauce (S) Wheat Crackers and 100% Apple Juice	10 (B) Kix Cereal with Diced Peaches (L) Baked Chicken Patty on whole wheat bread, Green Beans, Mixed Fruit (S) Whole Wheat Bagels, Soy Butter and 100% Apple Juice	11 (B) Corn Flakes, Sliced Bananas (L) Ground Turkey and Rice Casserole, Corn, Pears (S) String cheese, wheat crackers and water	12 (B) Pancakes, fruit cocktail (L) Cheese & Diced Chicken on Whole Wheat Quesadillas, peas, Diced Pears (S) Kidz Mix (Pretzels, Corn Chex, Raisins) with 100% Apple juice
15 (B) Whole Wheat Waffles and Applesauce (L) Grilled Turkey & Cheese Sandwich on Whole Wheat Bread, Diced Carrots, Mixed Fruit (S) Wheat Crackers and 100% Apple Juice	16 (B) Orange slices, Corn Flakes (B) Sloppy Joe on a Whole Wheat Bun, Green Beans, Peaches (S) Goldfish and 100% Apple Juice	17 (B) Homemade Corn Bread, Mixed Fruit (L) Fun Fish, Peas, Pears, Long Grain Rice (S) Vanilla Yogurt, Diced peaches and 100% Apple Juice	18 (B) French Toast Sticks, Diced Peaches (L) Taco Salad w/ Ground Turkey, Spanish Rice, Green Beans, Orange Slices (S) Mini Pretzels and 100% Apple Juice	19 (B) Pancakes, Banana Slices (L) Turkey Dog on Whole wheat Hot Dog Roll, Mixed Veg., Mixed Fruit (S) Ants on a Log – Celery, Soy Butter and Raisins, Water
22 (B) Corn Chex, sliced peaches (L) Macaroni and Cheese w/ Turkey Crumbles, Corn, Pineapples, Whole wheat roll (S) String cheese, wheat crackers and Water	23 (B) Whole Wheat Waffle w/ Apple Sauce (L) Lemon Zest Baked Fish, Peas, Pears, Buttered Pasta Noodles (S) Cheez-Its and 100% Grape Juice	24 (B) Pancakes, Mixed Fruit (L) HM Turkey Meatloaf, Orange Glazed Carrots, Diced Pineapples, slice of whole grain bread (S) Kidz Mix and 100% Grape Juice	25 (B) Corn Flakes, sliced apples (L) Barbeque Baked Chicken Breast, Green Beans, Pears, Long Grain Brown Rice (S) Tortilla Chips, Salsa and 100% Grape Juice	26 (B) French Toast Sticks and Mixed Fruit (L) Tuna & Cheese Melt Sandwich, Mixed Vegetables, Apple Sauce (S) Pretzels and 100% Grape Juice Fall Harvest Festival 
29 (B) Whole Wheat Waffles, Peaches (L) CN Chicken Nuggets, Buttered Whole Wheat Noodles, Green Beans, Fruit Cocktail (S) Apple Slices and 100% Grape Juice	30 (B) Cheerios, Bananas (L) Oven Baked pizza w/Extra Cheese, Green beans, Pears (S) Wheat Crackers and 100% Grape Juice	31 (B) Whole Wheat Toast, Grape Jelly, Oranges (L) Cheese & Diced Chicken on Whole Wheat Quesadillas, peas, Diced Pears (S) Cornbread and 100% Apple Juice	Taste the Difference! *Milk is served with Breakfast and lunch. Whole Milk for Children under 2 and 1 % for children over the age of 2. *100 % Juice or water is served with afternoon snack. *Portions meet CACFP requirements for all ages. *Bread Products are whole wheat or whole grain. *Diced Fruits stored in juice (not syrup) *Cereal products contain no more than 6 grams of sugar. *Turkey Products served. No Pork or Beef	

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<p>(B) Breakfast (L) Lunch (S) Snack Taste the Difference! *Milk is served with Breakfast and lunch. Whole Milk for Children under 2 and 1 % for children over the age of 2. *100 % Juice or water is served with afternoon snack. *Portions meet CACFP requirements for all ages. *Bread Products are whole wheat or whole grain. *Diced Fruits stored in juice (not syrup) *Cereal products contain no more than 6 grams of sugar. *Turkey Products served. No Pork or Beef</p>			<p>1 (B) Apple Sauce, Cheerios (L) Ground Turkey & Vegetable (Peas, Carrots, Corn) Soup, Corn Bread Squares, Diced Peaches (S) Kidz Mix and 100% Grape Juice</p>	<p>2 (B) Corn Chex Cereal with pears (L) Chicken Nuggets, Mixed Veg., sliced oranges, long grain brown rice (S) Vanilla Yogurt, Mixed Fruit and 100% Apple Juice</p>
<p>5 (B) Sliced Pears, French Toast Sticks (L) All American Cheeseburger on a whole wheat bun, Diced Pineapples and Corn (S) Goldfish Crackers and 100% Apple Juice</p>	<p>6 (B) Corn Flakes and Sliced Bananas (L) Soy Butter and Jam Sandwich on Whole wheat Bread, Carrots and Apple Sauce, yogurt (S) Kidz Mix and 100% Apple Juice</p>	<p>7 (B) Homemade Pumpkin Muffins, Peaches (L) Italian Meat Balls in red sauce, Green Beans, Mixed Fruit & whole wheat bread (S) String cheese, Wheat Crackers and 100% Apple Juice</p>	<p>8 (B) Pancakes w/Butter and Syrup, Pears (L) Shredded Barbeque Chicken on a Whole Wheat Bun, Peas, Pineapple Chunks (S) Strawberry yogurt with Strawberries and Water</p>	<p>9 (B) Kix Cereal, pineapples (L) Sloppy Joe on a Whole Wheat Bun, Carrots, Sliced Apples (S) Corn Chips, Salsa and 100% Apple Juice</p>
<p>12 Closed in Observance of Veteran's Day</p> 	<p>13 (B) Turkey Sausage, Biscuit, Banana Slices (L) Macaroni and Cheese, Turkey Crumbles, Green Beans, Mixed Fruit (S) Cheeze its and 100% Grape juice</p>	<p>14 (B) Oatmeal w/Brown sugar, Pears (L) Oven Baked Pizza w/extra cheese, Peas and Sliced apples (S) Kidz, Mix (Pretzels, Corn Chex, Raisins) and 100% Grape Juice</p>	<p>15 (B) Waffles, Orange Slices (L) Baked Fun Fish, Corn, Mixed Fruit, Brown Rice (S) Apple slices, Soy Butter and water</p>	<p>16 (B) Pineapples, Cheerios (L) Meat Balls, Whole wheat Bread, peas, and pears (S) Wheat Crackers and 100% Apple Juice</p> 
<p>19 (B) Apple Sauce, Cheerios (L) Ground Turkey & Vegetable (Peas, Carrots, Corn) Soup, Corn Bread Squares, Diced Peaches, Cheese Sticks (S) Goldfish Crackers and 100% Grape Juice</p>	<p>20 (B) Oatmeal, Cinnamon/Brown sugar apples (L) Turkey and Cheese Sandwich on Whole Wheat Bread, Carrots, Mixed Fruit, (S) Kidz, Mix and 100% Grape juice</p>	<p>21 (B) Kix Cereal, Peaches (L) Thanksgiving Feast (Turkey, Dressing, Green Beans, Mashed Potatoes, Mac & Cheese, Cranberry Sauce, Roll) (S) String Cheese, Wheat Crackers and 100% Grape</p>	<p>22 Closed: Thanksgiving Holiday</p> 	<p>23 Closed: Thanksgiving Holiday</p> 
<p>26 (B) English Muffin, Pears (L) Baked Spaghetti w/Meat Sauce, Green Beans and Peaches (S) Cheez-Its and 100% Grape Juice</p>	<p>27 (B) Kix, Pineapples (L) Cheese & Chicken Quesadillas, Corn, Applesauce (S) Corn Chips, Salsa and 100% Grape Juice</p>	<p>28 (B) Waffles and Pears (L) BBQ Meatballs, Peas, Brown Rice and Mixed Fruit (S) Kidz Mix and 100% Grape Juice</p>	<p>29 (B) Cheerios, Fruit Cocktail (L) Chicken Nuggets, Mixed Vegetables, Whole Wheat Roll, sliced apples (S) Ants on Log – Celery, Soy Butter, Raisins and Water</p>	<p>30 (B) Biscuit, Pineapples (L) Baked Fun Fish, Brown Rice, Green Beans, Mixed Fruit (S) Cheez-Its and 100% apple juice</p>