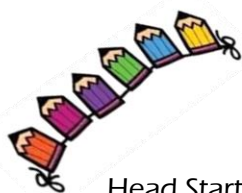


# WELCOME TO PRESCHOOL



## SEPTEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>NO SCHOOL</b>	<b><u>Breakfast</u></b> Cheerios Peaches <b><u>Lunch</u></b> Turkey Sandwiches Cucumbers Fruit Cocktail <b><u>Snack</u></b> Chex Mix/Apple Juice	<b><u>Breakfast</u></b> French Toast Sticks Applesauce <b><u>Lunch</u></b> Hamburgers/Bun Carrots Pears <b><u>Snack</u></b> Pretzels/Cheese Sticks	<b><u>Breakfast</u></b> Yogurt Blueberries <b><u>Lunch</u></b> Popcorn Chicken Tater Tots Peaches/Bread <b><u>Snack</u></b> Graham Crackers
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b><u>Breakfast</u></b> Corn Flakes Mandarin Oranges <b><u>Lunch</u></b> Ham/Cheese Sandwiches Carrots Pineapple <b><u>Snack</u></b> Goldfish Crackers/Pears	<b><u>Breakfast</u></b> Muffins Fruit Cocktail <b><u>Lunch</u></b> Chicken Patties/Bun Peas Peaches <b><u>Snack</u></b> Yogurt/Graham Crackers	<b><u>Breakfast</u></b> Sausage Patties Applesauce <b><u>Lunch</u></b> Meatballs/Pasta/Sauce Green Beans Pears <b><u>Snack</u></b> Cheez Its/Mixed Fruit	<b><u>Breakfast</u></b> Pancakes Bananas <b><u>Lunch</u></b> Pork Riblets Mashed Potatoes Corn/Bread <b><u>Snack</u></b> Cereal
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b><u>Breakfast</u></b> Rice Krispies Peaches <b><u>Lunch</u></b> Sun Butter/Jelly Sandwiches Peas Pears <b><u>Snack</u></b> Pretzels/Applesauce	<b><u>Breakfast</u></b> Yogurt Berries <b><u>Lunch</u></b> Cheeseburgers/Bun Sweet Potato Fries Fruit Cocktail <b><u>Snack</u></b> Teddy Grahams	<b><u>Breakfast</u></b> Hard Boiled Eggs Mandarin Oranges <b><u>Lunch</u></b> Sweet/Sour Chicken Brown Rice Broccoli/Pineapple <b><u>Snack</u></b> Cottage Cheese/Crackers	<b><u>Breakfast</u></b> French Toast Sticks Applesauce <b><u>Lunch</u></b> Beef/Bean Burritos Cucumbers Peaches <b><u>Snack</u></b> Deli Meat/Crackers
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b><u>Breakfast</u></b> Cheerios Pears <b><u>Lunch</u></b> Turkey Sandwiches/Bun Carrots Applesauce <b><u>Snack</u></b> Cheez Its/Fruit Cocktail	<b><u>Breakfast</u></b> Muffins Peaches <b><u>Lunch</u></b> Sloppy Joes/Bun Cucumbers Pineapple <b><u>Snack</u></b> Chex Mix/Cheese Sticks	<b><u>Breakfast</u></b> Oatmeal Strawberries <b><u>Lunch</u></b> Meatballs/Pasta/Sauce Green Beans Pears <b><u>Snack</u></b> Mandarin Oranges/Crackers	<b><u>Breakfast</u></b> Waffles Applesauce <b><u>Lunch</u></b> Chicken Nuggets Mashed Potatoes Peas/Fruit Cocktail <b><u>Snack</u></b> Cereal



All meals served with milk and water

All bread/grain is whole grain

All meals are subject to change

Head Start/Early Head Start is an equal opportunity provider

