

## Early Learning Center Month: September 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- It is necessary to occasionally change menu items, but we will communicate with classrooms about the change.
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	September 1 Monday	September 2 Tuesday	September 3 Wednesday	September 4 Thursday	September 5 Friday
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit</b>	¼ cup	½ cup	½ cup	<b>CLOSED</b>	<b>Pineapple</b>	<b>Apple Slices</b>	<b>Strawberries</b>	<b>Bananas</b>
	<b>Vegetable</b>	½ s or ½ cup	½ s or ½ cup	1 s or 1 cup		<b>Multi-Grain Cheerios Cereal</b>	<b>Whole Grain Croissants</b>	<b>Rice Krispies Cereal</b>	<b>Corn Chex Cereal</b>
	<b>Grains (oz eq)</b>	½ s or ½ cup	½ s or ½ cup	1 s or 1 cup					
	<b>Add. Food option</b>						<b>Apple Butter</b>		
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup		<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup		<b>Green Beans</b>	<b>Corn</b>	<b>Stewed Tomatoes</b>	<b>Cucumber Sticks</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup		<b>Mixed Fruit</b>	<b>Pears</b>	<b>Peaches</b>	<b>Pineapple</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>CLOSED</b>	<b>Sliced Turkey</b>	<b>Turkey Meatballs w/Turkey Gravy</b>	<b>Macaroni &amp; Cheese (Whole Grain Macaroni, Cheddar Cheese) HM</b>	<b>Tuna Salad (Tuna, mayo, dill) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ cup	½ s or ½ cup	1 s or 1 cup		<b>Whole Wheat Bread</b>	<b>Whole Wheat Slider Roll</b>	<b>Whole Grain Macaroni</b>	<b>Whole Wheat Pita</b>
	<b>Add. Food option</b>					<b>Mustard</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup		<b>Orange Juice</b>	<b>Water</b>	<b>White Grape Juice</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ cup	½ s or ½ cup	1 s or 1 cup	<b>CLOSED</b>	<b>Whole Grain Graham Goldfish</b>	<b>Multi-Grain Club Crackers with Hummus (garbanzo beans, tahini, olive oil, lemon juice)</b>	<b>Wheat Thin Crackers</b>	<b>Trail Mix (Cheerios, Rice Chex, Corn flakes, Cheez-its, (Raisins -SA only)</b>

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	Menu Item	1-2 age	3-5 age	6-12 age	September 8 Monday	September 9 Tuesday	September 10 Wednesday	September 11 Thursday	September 12 Friday
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mango</b>	<b>Apple Slices</b>	<b>Pineapple</b>	<b>Pears</b>	<b>Strawberries</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Life Cereal</b>	<b>Whole Grain English Muffin</b>	<b>Corn Flakes Cereal</b>	<b>Kix Cereal</b>	<b>Cheerios Cereal</b>
	<b>Add. Food option</b>					<b>Light Butter</b>			
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Diced Tomatoes</b>	<b>Broccoli, Peas, Carrots</b>	<b>Peas</b>	<b>Mixed Vegetables</b>	<b>Lettuce and Tomato (infants-Green Beans)</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Mandarin Oranges</b>	<b>Peaches</b>	<b>Orange Slices</b>	<b>Mixed Fruit</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Grilled Cheese (Wheat Bread, Mild Cheddar Cheese)</b>	<b>Pasta Salad (Tri-color Pasta, cheddar cheese, chicken, broccoli, peas, carrots, Italian vinaigrette dressing) HM</b>	<b>Egg Salad (diced egg, mayo, mustard, dill) HM</b>	<b>Baked Fish with bread crumbs</b>	<b>Chicken Salad (Diced chicken, mayo, dill) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Wheat Bread</b>	<b>Tri-colored Pasta</b>	<b>Multi-Grain Bread</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>							<b>Ketchup</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Milk</b>	<b>Orange Juice</b>	<b>Water</b>	<b>White Grape Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Flat bread and Soy Nut Butter</b>	<b>Cinnamon Raisin Multi-Grain Squares HM</b>	<b>Animal Crackers</b>	<b>Baked Whole Grain Soft Pretzels and Cheese Cubes</b>	<b>Triscuit Crackers</b>

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	Menu Item	1-2 age	3-5 age	6-12 age	September 15 Monday	September 16 Tuesday	September 17 Wednesday	September 18 Thursday	September 19 Friday
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Applesauce</b>	<b>Mixed Fruit</b>	<b>Mango</b>	<b>Pears</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Grain Waffle Sticks</b>	<b>Corn Chex Cereal</b>	<b>Life Cereal</b>	<b>Corn Flakes Cereal</b>	<b>Bran Flakes Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Diced Potatoes tossed with Olive Oil and Oregano</b>	<b>Carrot Sticks (infants/tods blanched)</b>	<b>Peas</b>	<b>Corn</b>	<b>Salad (inf- peas/ tods- lettuce, ps/sa- lettuce, carrot, cabbage)</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Peaches</b>	<b>Apple Slices</b>	<b>Strawberries</b>	<b>Mandarin Oranges</b>	<b>Pineapple</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>BBQ Ground Turkey (Ground turkey, bbq sauce, ketchup) HM</b>	<b>Soy Nut Butter Sandwiches and Cheese Sticks</b>	<b>Turkey Sausage Patty Melt (turkey sausage, cheddar cheese, WG English muffin) HM</b>	<b>Chicken Meatballs with Chicken Gravy</b>	<b>Diced Hard- boiled Egg</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Wheat Hamburger Bun</b>	<b>Multi-grain Bread</b>	<b>Whole Grain English Muffin</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Crackers</b>
	<b>Add. Food option</b>								<b>Low-fat Ranch Dressing</b>
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Apple Juice</b>	<b>Milk</b>	<b>Orange Juice</b>	<b>Water</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½` cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Grain Graham Cracker Goldfish</b>	<b>Townhouse Crackers</b>	<b>Pretzels (infants and Tods-soft pretzels)</b>	<b>Wheat Thins and Red Pepper Hummus (red peppers, tahini, garbanzo beans, olive oil, lemon juice) HM</b>	<b>Whole Grain Cheddar Goldfish</b>

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	Menu Item	1-2 age	3-5 age	6-12 age	September 22 Monday	September 23 Tuesday	September 24 Wednesday	September 25 Thursday	September 26 Friday
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Blueberries</b>	<b>Orange Slices</b>	<b>Mixed Berries</b>	<b>Mandarin Oranges</b>	<b>Apple Slices</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Rice Krispies Cereal</b>	<b>Kix Cereal</b>	<b>Multi-grain Cheerios Cereal</b>	<b>Rice Chex Cereal</b>	<b>Whole Grain French Toast Sticks</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Yams</b>	<b>Green Beans</b>	<b>Mixed Vegetables</b>	<b>Beets</b>	<b>Lima Beans</b>
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Peaches</b>	<b>Mixed Fruit</b>	<b>Pineapple</b>	<b>Pears</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>BBQ Chicken Breast</b>	<b>English Muffin Pizzas (whole wheat English muffin, tomato sauce, mozzarella cheese) HM</b>	<b>Creamy Chicken Casserole (chicken, cream of chicken, whole wheat penne) HM</b>	<b>Beef Patty</b>	<b>Tuna Salad (tuna,mayo, dill) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Wheat Slider Roll</b>	<b>Whole Wheat English Muffin</b>	<b>Whole Wheat Penne</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>							<b>Ketchup</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>White Grape Juice</b>	<b>Water</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½` cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Whole Grain Bean and Veggie Crackers</b>	<b>Triscuit Crackers and Sliced Cheddar Cheese</b>	<b>Cheez-it Crackers</b>	<b>Townhouse Crackers and Mild Cheddar Cheese Cubes</b>	<b>Graham Crackers</b>

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	Menu Item	1-2 age	3-5 age	6-12 age	September 29 Monday	September 30 Tuesday			
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>			
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Strawberries</b>	<b>Mandarin Oranges</b>			
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Cheerios Cereal</b>	<b>Corn Flakes Cereal</b>			
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>			
	<b>Vegetable</b>	1/8 cup	1/4 cup	½ cup	<b>Carrots</b>	<b>Cauliflower</b>			
	<b>Fruit</b>	1/8 cup	¼ cup	¼ cup	<b>Pineapple</b>	<b>Peaches</b>			
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Sweet and Sour Diced Chicken</b>	<b>Turkey Burger</b>			
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (½ oz)	1 s or 1 svg. (1 oz)	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Hamburger Bun</b>			
	<b>Add. Food option</b>					<b>Ketchup</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>			
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ svg. (1/2 oz)	½ s or ½ svg. (1/2 oz)	1 s or 1 svg. (1 oz)	<b>Animal Crackers</b>	<b>Baked Whole Grain Soft Pretzels and Sliced Cheddar Cheese</b>			