

September

2017 Menu



www.kidsrkidscastlerock.com
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Labor Day!</p> 	<p>5 Brkfst: Brkfst bars, Applesauce, milk AM Snack: Mandarin oranges Lunch: Mini corn dogs, Green beans, Apple slices, milk PM Snack: Crackers and cheese</p>	<p>6 Brkfst: Waffles & Pears, Milk AM Snack: Fruit bars Lunch: Italian Dunkers, Mix vegs, Mix fruit, Milk PM Snack: Fruit muffins</p>	<p>7 Brkfst: Raisin Bran, milk AM Snack: Fig Newton's Lunch: Chicken nuggets, Corn, Pears, milk PM Snack: Bananas & Vanilla Wafers</p>	<p>8 Brkfst: Mini pancakes, pineapples, milk AM Snack: Fruit Yogurt Cups Lunch: Turkey ranch roll-ups, Carrot chips, Mixed fruit, milk PM Snack: Goldfish & Raisins</p>
<p>11 Brkfst: Rice Krispies, Mix fruit, Milk AM Snack: Animal cookies/apples Lunch: Nachos, Broccoli, Pears, Milk PM Snack: Mandarin oranges & Graham Crackers</p>	<p>12 Brkfst: Breakfast bars, Mix fruit, Milk AM Snack: Wheat bread & strawberry jam Lunch: Meatballs & mash pots, Carrots, Pineapples, Milk PM Snack: Veggie crackers</p>	<p>13 Brkfst: Cheese toast, pears, milk AM Snack: Chex cereal with raisins Lunch: Fish sticks, broccoli, mixed fruit, milk PM Snack: Teddy grahams/pineapples</p>	<p>14 Brkfst: French toast, mixed fruit, milk AM Snack: Fruit Cups Lunch: Chicken penne pasta, corn, peaches, milk PM Snack: Pretzels & raisins</p>	<p>15 Brkfst: Chex Cereal & Mix fruit, Milk AM Snack: Oatmeal cookies/pineapples Lunch: Ham sandwiches, Mand oranges, Chips, Green beans, Milk PM Snack: Choc chip cookies & Applesauce</p>
<p>18 Brkfst: Brkfst bars, Bananas, milk AM Snack: Fig Newton's Lunch: Chicken nuggets, green beans, pears, milk PM Snack: Crackers & Cheese</p>	<p>19 Brkfst: Waffles, Pears, milk AM Snack: Fruit yogurt Lunch: Sweet & sour chicken w/ rice, green beans, pineapple, milk PM Snack: Celery sticks and ranch</p>	<p>20 Brkfst: Cheerios, applesauce, milk AM Snack: Carrots/ranch Lunch: Beanie weenies, corn, peaches, milk PM Snack: Trail mix w/dried fruit</p>	<p>21 Brkfst: Brkfst bars, applesauce, milk AM Snack: Mandarin oranges Lunch: Mini corn dogs, green beans, apple slices, milk PM Snack: Crackers w/cream cheese</p>	<p>22 Brkfst: Mini pancakes, pineapples, Milk AM Snack: Cheese toast Lunch: Ham/ranch rollups, Green beans, Peaches, Milk PM Snack: Mini pretzels/apple butter</p>
<p>25 Brkfst: Rice Chex/pineapples AM Snack: Fruit yogurt Lunch: Frito chili pie, corn, mixed fruit PM Snack: Gold fish, tropical mixed fruit</p>	<p>26 Brkfst: Cheerios, pineapples AM Snack: Raisins/Pretzels Lunch: Chicken spaghetti, green beans, peaches PM Snack: Fig Newton's</p>	<p>27 Brkfst: Cinnamon biscuits, pears, milk AM Snack: Carrots and ranch Lunch: Sloppy joes, mixed veggies, peaches, milk PM Snack: Cake Surprise</p>	<p>28 Brkfst: Rice Krispies, Mix fruit, Milk AM Snack: Animal cookies/apples Lunch: Chili Cheese Nachos, Broccoli, Pears, Milk PM Snack: Mandarin oranges</p>	<p>29 Brkfst: Cheerios/Bananas AM Snack: Fruit bar Lunch: Chicken nuggets, Green Beans, Tator Tots, Mixed fruit PM Snack: Popcorn (under 2 Cheese-Its)</p>
				