

September Preschool and All Aboard Breakfast Menu
Serving ages 3-4

Monday	Tuesday	Wednesday	Thursday	Friday
6 Labor Day for Closed	7 Apple Cinnamon Muffin (1G) Diced Peaches (1/2 C) 1% Unflavored Milk (1 C)	8 Egg & Cheese English Muffin Sandwich (1M, 2 G) Orange Slices (½ Cup) 1% Unflavored Milk (1 C)	9 Blueberry Parfait w/ Graham Crackers (1M, 1G, ½ C Fruit) 1% Unflavored Milk (1 C)	10 Cheesy Egg Burrito (3.5 M, 1 G) Banana (1 Each) 1% Unflavored Milk (1 C)
13 French Toast (2 M, 1.25G) Fresh Oranges (1 Each) 1% Unflavored Milk (1 C) Jelly	14 Mini Blueberry Pancakes (1G, 1Pkg) Mixed Tropical Fruit (½ C) 1% Unflavored Milk (1 C)	15 Muffin (1G, 1 Pkg) 1% Unflavored Milk (1 C)	16 Cinnamon Toast Crunch Cereal (1 G, 1Pkg) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)	17 Blueberry Pancakes (1G, 1 Pkgs) Fresh Apple (1 each) 1% Unflavored Milk (1 C)
20 Pumpkin Bread Slice (1G, 1 Pkgs) Sweet Mixed Fruit (1/2 C) 1% Unflavored Milk (1 C)	21 Sweetened Sunbutter Bagel (1M, 2 G) Fresh Pear (1 Each) 1% Unflavored Milk (1 C)	22 Scrambled Eggs w/ Cheese & Buttery English Muffin (2.5 M, 2G) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	23 Blueberry Oatmeal (1G, 1/2 c fruit) 1% Unflavored Milk (1 C)	24 Egg & Cheese Biscuit Sandwich (1.5M, 2G) Diced Pears (½ C) 1% Unflavored Milk (1 C)
27 Peach Parfait w/ Graham Crackers (1M, 1G, ½ C fruit) 1% Unflavored Milk (1 C)	28 French Toast Sticks (2G, 1.5M) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)	29 Pancake (2G, 1pgk) Orange Slices (1 Each) 1% Unflavored Milk (1 C) Maple Syrup Cup	30 Turkey Sausage Breakfast Pizza (1M, 1.75G, 1pgk) Mixed Tropical Fruit (1/2 C) 1% Unflavored Milk (1 C)	1 Mini Strawberry Cream Cheese Bagels (2G, 1pkg) Fresh Banana (1 Each) 1% Unflavored Milk (1C)

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Monday	Tuesday	Wednesday	Thursday	Friday
6 Closed for Labor Day	7 Breaded Chicken Tenders (2M, 1G) Steamed Corn (¼ C) Orange Slices (1/4 C) 1% Unflavored Milk (1 C)	8 Golden Corn Dog (2M, 2G) Fresh Baby Carrots (1/4 C) Diced Pears (1/4 C) 1% Unflavored Milk (1 C)	9 Mac & Cheese (2M, 2G) Sliced Carrots (1/4 C) Fresh Banana (¼ C) 1% Unflavored Milk (1 C)	10 Muffin and Yogurt (1M, 1G) Cheese Stick (1M) Hash Browns (½ C) Juicy Mandarin Oranges (½ C) 1% Unflavored Milk (1 C)
13 Golden Corn Dog (2M, 2G) Green Bell Peppers (1/4 C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)	14 Grilled Cheese (2M, 2G) Mixed Veggies (¼ C) Grapes (1/4 C) 1% Unflavored Milk (1 C)	15 No lunch, Please Bring Student Lunch	16 Mozzarella Quesadilla (2M, 2G) Steamed Corn (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	17 Juicy Hamburger (2M, 2G) Potato Wedge (¼ C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)
20 Breaded Popcorn Chicken (2M, 1G) Peas (¼ C) Orange Slices (¼ C) 1% Unflavored Milk (1 C)	21 Cheese Stuffed Breadsticks (2M, 2G) Marinara Sauce (¼ C) Spiced Green Beans (¼ C) Mixed Tropical Fruit (1/4 C) 1% Unflavored Milk (1 C)	22 Delicious Cheese Pizza (2.25M, 1.5 G) Sliced Carrots (¼ C) Applesauce (¼ C) 1% Unflavored Milk (1 C)	23 Turkey and Cheese Sub (2M, 2G) Fresh Broccoli (1/4 C) Diced Pears (1/4C) 1% Unflavored Milk (1 C)	24 Grilled Cheese (2M, 2G) Fresh Carrots (¼ C) Strawberries (1/4 C) 1% Unflavored Milk (1 C)
27 Fish Nuggets (2M, 1.5G) Steamed Broccoli (¼ C) Fresh Apple (1 each) 1% Unflavored Milk (1 C)	28 Cheese Quesadilla (2M, 2G) Corn (¼ C) Juicy Pineapple Tidbits (¼ C) 1% Unflavored Milk (1C)	29 Mac & Cheese (2M, 2G) Cucumber Slices (¼ C) Sweet Diced Peaches (½ C) 1% Unflavored Milk (1 C)	30 Sun Butter and Jelly w/ Stringed Cheese (2M, 2G) Fresh Baby Carrots (¼ C) Fresh Banana (1 each) 1% Unflavored Milk (1 C)	1 Fluffy Jumbo Waffles w/ Turkey Sausage (1M, 2G) String Cheese (1M) Hash Brown (¼ C) Mixed Tropical Fruit (1/4 C) Syrup Cup 1% Unflavored Milk (1C)

- Alternate food choice: Sunbutter and jelly