



# September 2019

## Menu for Mt. Pleasant Child Care



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>2 “Back to School Week!”</b></p> <p><b>LABOR DAY DAY CARE CLOSED</b></p>	<p><b>3</b> Breakfast: Bagels, juice, milk AM Snack: Nachos and cheese Lunch: Turkey and cheese sandwiches, chips, fruit, milk PM Snack: Granola Bars</p>	<p><b>4</b> Breakfast: Sausage, pancakes, juice, milk AM Snack: Apple sauce, teddy grahams Lunch: Spaghetti, salad, fruit PM Snack: Bananas &amp; nilla waffers</p>	<p><b>5</b> Breakfast: Scrambled eggs, toast, milk, juice AM Snack: Cookies and milk Lunch: Pizza, cucumber slices, fruit, milk PM Snack: Goldfish, juice</p>	<p><b>6</b> Breakfast: Donuts, juice, milk AM Snack: Mini wheats, milk Lunch: Beef tips &amp; gravy, butter noodles, green beans, fruit, milk PM Snack: Fruit salad</p>
<p><b>9 “Getting Acquainted and all about Me” Week</b> Breakfast: Waffles, milk, juice AM Snack: Yogurt, vanilla wafers Lunch: Nachos Grande, fruit, milk PM Snack: Watermelon &amp; Graham crackers</p>	<p><b>10</b> Breakfast: Fresh fruit, yogurt, toast, juice, milk AM Snack: Doritos Lunch: Johnny Marzetti, garlic knots, fruit, milk PM Snack: Carrots, cucumbers, ranch</p>	<p><b>11</b> Breakfast: Cereal, juice, milk AM Snack: Fresh fruit Lunch: Corn dogs, French fries, fruit, milk PM Snack: Popcorn, juice</p>	<p><b>12</b> Breakfast: Muffins, milk, juice AM Snack: Cheese sticks, crackers Lunch: Cheeseburgers, fries, corn, milk PM Snack: Candied Cheerios</p>	<p><b>13</b> Breakfast: Cinnamon or cheese toast, juice, milk AM Snack: Fig Newtons Lunch: Chicken noodle soup, crackers, fruit, milk PM Snack: Fudgesicles</p>
<p><b>16 “A” Week</b> Breakfast: Cereal, juice, milk AM Snack: American cheese and crackers Lunch: Lasagna, salad, fruit, milk PM Snack: Trail mix</p>	<p><b>17</b> Breakfast: Breakfast burrito, juice, milk AM Snack: Animal crackers, pudding Lunch: Cheese enchiladas, Spanish rice fruit, milk PM Snack: Cottage cheese, fruit</p>	<p><b>18</b> Breakfast: Toaster strudel, juice, milk AM Snack: “A” Cookies Lunch: Steak or chicken salad, bread, fruit, milk PM snack: Crackers and cheese and pepperoni</p>	<p><b>19</b> Breakfast: Eggs cups, milk, juice AM Snack: Angel eggs &amp; crackers Lunch: Macaroni &amp; cheese, peas, applesauce, fruit, milk PM Snack: Soft pretzels &amp; cheese</p>	<p><b>20</b> Breakfast: Bacon, pancakes, juice, milk AM Snack: Apples &amp; dip Lunch: Chicken nuggets, mashed potatoes, corn, fruit, milk PM Snack: Yogurt, graham crackers</p>
<p><b>23 “Fall” Week</b> Breakfast: Cereal, juice, milk AM Snack: Donuts and cider Lunch: Meat loaf, mashed potatoes, peas, fruit, milk PM Snack: Pizza rolls</p>	<p><b>24</b> Breakfast: French toast, juice, milk AM Snack: S’mores trail mix Lunch: Pizza, salad, fruit, milk PM Snack: Ice cream sandwich</p>	<p><b>25</b> Breakfast: Scrambled eggs, toast, milk, juice AM Snack: Leaf cookies Lunch: Tacos, rice, fruit, milk PM Snack: Carrots/pretzels &amp; ranch dip</p>	<p><b>26</b> Breakfast: Breakfast sandwich, milk, juice AM Snack: Pumpkin cookies Lunch: Meatballs, garlic bread, celery sticks, fruit, milk PM Snack: Nachos &amp; cheese</p>	<p><b>27</b> Breakfast: Muffins, milk, juice AM Snack: Apple chips Lunch: Chicken, rice, broccoli, fruit, milk PM Snack: Pudding, animal crackers</p>
<p><b>30 “B” Week</b> Breakfast: Sausage gravy &amp; biscuits juice, milk AM Snack: Banana &amp; yogurt Lunch: Pierogis, salad, fruit, milk PM Snack: Gold fish, juice</p>				

Water will be offered with snacks. This menu is subject to change.