



September 2020

Menu for Mt. Pleasant Child Care



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
“Back to School Week!”	1 Breakfast: French toast sticks, juice, milk AM Snack: Yogurt & fruit Lunch: Ham, cheesy hash browns, green beans, fruit, milk PM Snack: Watermelon, graham crackers	2 Breakfast: Sausage, pancakes, juice, milk AM Snack: Apple sauce, teddy grahams Lunch: Spaghetti, salad, fruit PM Snack: Bananas & nilla waffers	3 Breakfast: Scrambled eggs, toast, milk, juice AM Snack: Cookies and milk Lunch: Pizza bread, cucumber slices, fruit, milk PM Snack: Goldfish, juice	4 Breakfast: Donuts, juice, milk AM Snack: Mini wheats, milk Lunch: Beef tips & gravy, butter noodles, green beans, fruit, milk PM Snack: Fruit salad
7 “Getting Acquainted and all about Me” Week LABOR DAY DAY CARE CLOSED	8 Breakfast: Fresh fruit, yogurt, toast, juice, milk AM Snack: Doritos Lunch: Johnny Marzzetti, garlic knots, fruit, milk PM Snack: Carrots, cucumbers, ranch	9 Breakfast: Cereal, juice, milk AM Snack: Fresh fruit Lunch: Corn dogs, French fries, fruit , milk PM Snack: Popcorn, juice	10 Breakfast: Muffins, milk, juice AM Snack: Cheese sticks, crackers Lunch: Cheeseburgers, fries, corn, milk PM Snack: Candied Cheerios	11 Breakfast: Cinnamon or cheese toast, juice, milk AM Snack: Fig Newtons Lunch: Chicken noodle soup, crackers, fruit, milk PM Snack: Fudgesicles
14 “A” Week Breakfast: Cereal, juice, milk AM Snack: American cheese and crackers Lunch: Chicken, rice, broccoli, fruit, milk PM Snack: Trail mix	15 Breakfast: Breakfast burrito, juice, milk AM Snack: Animal crackers, pudding Lunch: Grilled cheese, tomato soup, pickles, fruit, milk PM Snack: Cottage cheese, fruit	16 Breakfast: Toaster strudel, juice, milk AM Snack: “A” Cookies Lunch: Steak or chicken salad, bread, fruit, milk PM snack: Crackers and cheese and pepperoni	17 Breakfast: Eggs cups, milk, juice AM Snack: Angel eggs & crackers Lunch: Macaroni & cheese, peas, applesauce, fruit, milk PM Snack: Soft pretzels & cheese	18 Breakfast: Bacon, pancakes, juice, milk AM Snack: Apples & dip Lunch: Nacho supreme, fruit ,milk PM Snack: Yogurt, graham crackers
21 “Fall” Week Breakfast: Cereal, juice, milk AM Snack: Donuts and cider Lunch: Meat loaf, mashed potatoes, peas, fruit, milk PM Snack: Pizza rolls	22 Breakfast: French toast, juice, milk AM Snack: S’mores trail mix Lunch: Pizza, salad, fruit, milk PM Snack: Ice cream sandwich	23 Breakfast: Scrambled eggs, toast, milk, juice AM Snack: Leaf cookies Lunch: Tacos, rice, fruit, milk PM Snack: Carrots/pretzels & ranch dip	24 Breakfast: Breakfast sandwich, milk, juice AM Snack: Pumpkin cookies Lunch: Spaghetti & meatballs, garlic knots, cucumber tomato salad, fruit, milk PM Snack: Nachos & cheese	25 Breakfast: Muffins, milk, juice AM Snack: Apple chips Lunch: Fish sticks, tator tots, corn, fruit, milk PM Snack: Pudding, animal crackers
28 “B” Week Breakfast: Sausage gravy & biscuits juice, milk AM Snack: Banana & yogurt Lunch: Pierogis, salad, fruit, milk PM Snack: Gold fish, juice	29 Breakfast: Cereal, toast, juice, milk AM Snack: Brownies Lunch: Chicken nuggets, mashed potatoes, corn, fruit, milk PM Snack: Applesauce & animal crackers	30 Breakfast: Pop tart, juice, milk AM Snack: Bagel Bites Lunch: Chicken fettuccini, broccoli, fruit, milk PM Snack: Mini wheats, milk		

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