

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T					1 English Muffins /Jelly Pineapples Milk	2
	3 4 Cheerios (WG) Applesauce Milk	5 Waffles Peaches Milk	6 Toast (WG) Mix Fruit Milk	7 Cheese Grits Diced Pears Milk	8 Rice Crispy Bananas Milk	9
	10 11 Raisin Bran (WG) Mix Fruit Milk	12 French Toast (WG) Peaches Milk	13 Pancakes Pears Milk	14 Oatmeal (WG) Tropical Fruit Milk	15 English Muffins /Jelly Pineapples Milk	16
	17 18 Cheerios (WG) Applesauce Milk	19 Cinnamon Toast Sticks (WG) Pineapples Milk	20 Toast (WG) Mixed Fruit Milk	21 Cheese Grits Mandarin Oranges Milk	22 Rice Chex Strawberries Milk	23
	24 25 Kix (WG) Mandarin Oranges Milk	26 Cinnamon Toast (WG) Applesauce Milk	27 Pancakes Peaches Milk	28 Yogurt /Granola (WG) Pineapples Milk	29 Biscuits Peaches Milk	30
T					Notes: Fat free or 1% milk is served with every meal. Whole milk is served to one year olds. Substitutes are made upon doctor's request.	