



**Monthly Menu for**  
**September 2024**



<b>Menu for Week 1</b>			
<b>Day of the Week</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> 9/02/24	Center	Closed	For Labor Day
<b>Tuesday</b> 9/03/24	Center	Closed	
<b>Wednesday</b> 9/04/24	Life Cereal, Oranges, Milk	BBQ Beef Burgers w/ Cheese on "WGR" Bun, Baked Beans, Apples, Milk	Cheese & Crackers
<b>Thursday</b> 9/05/24	Oatmeal & Raisins, Milk	Extra Cheese Pizza on "WGR" Crust, Mixed Vegetables, Fresh Fruit Salad, Milk	Oranges, Milk
<b>Friday</b> 9/06/24	Chex Cereal, Apples, Milk	Tuna wrap on "WGR" Wrap, Green Beans, Oranges, Milk	Banana Bread, Milk

<b>Menu for Week 2</b>			
<b>Day of the Week</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b> 9/09/24	Corn Flakes Cereal, Apples, Milk	Grilled Chicken, Roasted Broccoli, Cantaloupe, "WGR" Roll, Milk	Sun-butter & Apples
<b>Tuesday</b> 9/10/24	Pancakes w/ Whipped Cream, Apple Sauce, Milk	Cheese Quesadilla on "WGR" Wrap, Roasted Corn, Fresh Fruit Salad, Sour Cream, Salsa, Milk	Honeydew, Milk
<b>Wednesday</b> 9/11/24	Cheerios, Oranges, Milk	BBQ Turkey Burgers w/ Cheese on "WGR" Bun, Potato Wedges, Oranges, Milk	Oranges & Milk
<b>Thursday</b> 9/12/24	Bagel w/ Cream Cheese, Cantaloupe, Milk	Baked Flounder w/ Lemon Garlic Sauce, "WGR" Brown Rice, Carrots, Honeydew, Milk	Cantaloupe, Milk
<b>Friday</b> 9/13/24	Life Cereal, Fruit Salad, Milk	Cheese Ravioli w/ Marinara Sauce, Green Beans, Fresh Fruit Salad, Milk	"WGR" Cranberry Muffins, Milk

## Menu for Week 3

Day of the Week	Breakfast	Lunch	Dinner
<b>Monday</b> 9/16/24	Chex Cereal, Oranges, Milk	Chicken Parmesan w/ Marinara Sauce, "WGR" Penne Pasta, Garden Salad w/ French Dressing, Honeydew, Milk	Cantaloupe & Yogurt w/ Granola
<b>Tuesday</b> 9/17/24	"WGR" English Muffins w/ Apple Butter, Cantaloupe, Milk	Beef Tacos w/ "WGR" Soft Wraps & Hard Shell (Lettuce, Cheese, Salsa, Sour Cream) Roasted Corn, Fruit Salad, Milk	Apples, Milk
<b>Wednesday</b> 9/18/24	Corn Flakes Cereal, Apples, Milk	"WGR" Fish Sticks, Potato Wedges, Pears, Milk	Sun-butter & Crackers
<b>Thursday</b> 9/19/24	Oatmeal Raisin Muffins, Apple Sauce, Milk	Cranberry Meatballs, Mashed Potatoes, Roasted Broccoli, "WGR" Rolls, Milk	Honeydew, Milk
<b>Friday</b> 9/20/24	Cheerios, Pears, Milk	Cheese Pizza on "WGR" Crust Carrots, Fruit Salad, Milk	Carrot Cake Muffins, Milk

## Menu for Week 4

Day of the Week	Breakfast	Lunch	Dinner
<b>Monday</b> 9/23/24	Life Cereal, Pears, Milk	BBQ Chicken, Green Beans, Oranges, "WGR" Bread, Milk	Sun-butter & Carrot Sticks
<b>Tuesday</b> 9/24/24	Pumpkin Bread, Apple Sauce, Milk	Turkey Salisbury Steak, Potato Wedges, Peas, "WGR" Rolls, Milk	Bananas, Milk
<b>Wednesday</b> 9/25/24	Cheerios, Oranges, Milk	Beef Burgers w/ Cheese on "WGR" Bun, Sweet Potato Fries, Pears, Milk	Apples & Cheese
<b>Thursday</b> 9/26/24	Waffles w/ whipped Cream, Bananas, Milk	Baked Cod Fish w/ Lemon Garlic Sauce, "WGR" Brown Rice, Green Beans, Apples, Milk	Pears, Milk
<b>Friday</b> 9/27/24	Corn Flakes Cereal, Watermelon, Milk	Baked Mac & Cheese w/ "WGR" Macaroni Pasta, Roasted Broccoli, Fresh Fruit Salad, Milk	Banana Muffins, Milk

### Additional Information

Infant Class Substitution: Apples and Oranges will be replaced with seasonal melon or applesauce. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr olds: 1% Low Fat

Vegetarian Substitutions: Veggie Burger, Hard Boiled Egg, Pasta Primavera, Grilled Cheese, Egg Salad