

Good Shepherd Lutheran Early Childhood Center

September Snack Menu

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
AM PM			1 Cereal Bars Cheese & Tortillas	2 Smoothies & Crackers Trail Mix	3 Cinnamon Toast Oranges & Vanilla Wafers	4
5	6 Closed for Labor Day	7 Rice Cakes Graham Crackers & Cream Cheese	8 Yogurt Trail Mix	9 Cereal Bars Smoothies & Crackers	10 Waffles Strawberries & Crackers	11
12	13 Cereal with milk Applesauce	14 Muffins Rice Cakes	15 Cereal Bars Yogurt	16 Smoothies & Crackers Trail Mix	17 Cinnamon Toast Bananas & Vanilla Wafers	18
19	20 Cereal with milk Fruit Cups	21 Rice Cakes Graham Crackers & Cream Cheese	22 Yogurt Cheese & Tortillas	23 Cereal Bars Smoothies & Crackers	24 Waffles Bananas & Vanilla Wafers	25
26	27 Cereal with milk Applesauce	28 Muffins Rice Cakes	29 Cereal Bars Yogurt	30 Smoothies & Crackers Trail Mix		

A.m. snacks are served with 100% juice. P.m. snacks are served with water.

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September Lunch Menu

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
AM PM			1 Tuna Casserole Peas Peaches	2 Beanie Weenies Salad Bread Pears	3 Turkey & Cheese Chips Veggie Sticks Melon	4
5	6 Closed for Labor Day	7 Chicken Nuggets Cheesy Tots Salad Applesauce	8 Frito Pie Ranch Beans Salad Peaches	9 Chicken & Rice Casserole Green Beans Pears	10 Ham & Cheese Chips Veggie Sticks Melon	11
12	13 Meatballs & Gravy Mashed Potatoes Green Beans Apricots	14 Pancakes Scrambled Eggs Sausage Applesauce	15 Tuna Casserole Peas Peaches	16 Taco & Fixings Ranch Beans Pears	17 Grilled Cheese Tomato Soup Crackers Melon	18
19	20 Fish Spinach Salad Scalloped Potatoes Pineapple	21 Chili Crackers Salad Applesauce	22 Meatballs & Gravy Mashed Potatoes Green Beans Peaches	23 Chicken & Rice Casserole Green Beans Pears	24 Turkey & Cheese Veggie Soup Sun Chips Melon	25
26	27 Ravioli Green Beans Salad Apricots	28 Chicken Nuggets Cheesy Tots Broccoli Applesauce	29 Meatloaf Mashed Potatoes Peas Peaches	30 Fish Spinach Salad Tator Tots Pears		

All lunches served with 2% milk with the exception of Rooms 103 and 105 who are served Whole Milk