



# September



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age three. EmBe's childcare centers strive to be peanut free. 100% Fruit Juice and/or water is served with snacks. Water is available in classrooms and with all meals. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Closed For Holiday</p>	<p>3</p> <p>Sausage Biscuits Juice Milk</p> <p>WG Breaded Chicken WG Bun Corn Pineapple Milk</p> <p>Pretzels w/Cheese &amp; Fresh Fruit</p>	<p>4</p> <p>Egg &amp; Cheese Tortilla Juice Milk</p> <p>Chicken Drumsticks WG Dinner Roll Baked Beans Pears Milk</p> <p>WG Chez its &amp; Milk</p>	<p>5</p> <p>Egg and Cheese English Muffin Juice Milk</p> <p>Pizza Carrots Apple Slices Milk</p> <p>Banana Boats and WG Grahams</p>	<p>6</p> <p>Breakfast Sticks Banana Milk</p> <p>Popcorn chicken WG Dinner Roll Mashed potatoes/ gravy Peaches Milk</p> <p>String Cheese and Meat sticks</p>
<p>9</p> <p>Egg and Cheese Bagel Banana Milk</p> <p>BBQ Chicken WG Bun Peas Pineapple Milk</p> <p>Chips, Salsa, Cheese Sauce and Juice</p>	<p>10</p> <p>Waffles Strawberries Milk</p> <p>Cheese Burgers WG Bun Cold Carrots Peaches Milk</p> <p>WG Elf Grahams &amp; Yogurt</p>	<p>11</p> <p>Bagel &amp; Cream Cheese Fresh Fruit Milk</p> <p>Hot Beef Sandwich WG Dinner Roll Mashed Potatoes Pears Milk</p> <p>Chex Mix &amp; Juice</p>	<p>12</p> <p>Tortilla roll w/ Cream Cheese Banana Milk</p> <p>Pizza Sticks Marinara Broccoli Applesauce Milk</p> <p>WG Goldfish &amp; String Cheese</p>	<p>13</p> <p>Egg and Tortilla Juice Milk</p> <p>WG Chicken Nuggets WG Dinner Roll Green Beans M. Oranges Milk</p> <p>Cream Cheese and Grahams w/ side of Fresh Fruit</p>
<p>16</p> <p>Sausage Links and Egg Bites Juice Milk</p> <p>Mini Corn dog Corn Peaches Milk</p> <p>WG Goldfish &amp; Apple Slices</p>	<p>17</p> <p>Cold Cereal Juice Milk</p> <p>Baked Chicken WG Bun Carrots Applesauce Milk</p> <p>Meat , Cheese slices, and WG Crackers</p>	<p>18</p> <p>Biscuit W/ Jelly Juice Milk</p> <p>Mac &amp; Cheese WG Dinner Roll Green Beans Pineapple Milk</p> <p>Pretzels and Banana</p>	<p>19</p> <p>Hashbrowns &amp; Eggs Juice Milk</p> <p>Grilled Cheese Tomato Soup Pears Milk</p> <p>Belvita &amp; Fresh Fruit</p>	<p>20</p> <p>Breakfast Potatoes and Sausage Links Juice Milk</p> <p>Beef Taco Lettuce/Cheese M. Oranges Milk</p> <p>WG Elf Grahams &amp; Yogurt w/ a Twist</p>
<p>23</p> <p>Breakfast Stick Banana Milk</p> <p>Popcorn Chicken WG Dinner Roll Green Beans Pears Milk</p> <p>WG Chez- It s &amp; Banana</p>	<p>24</p> <p>WG Muffin Juice Milk</p> <p>Hamburgers WG Bun Baked Beans M. Oranges Milk</p> <p>Veggie Wheat Thins and Fresh Fruit</p>	<p>25</p> <p>Waffles &amp; Sausage Juice Milk</p> <p>Chicken Alfredo WG Dinner Roll Cold Carrots Pineapple Milk</p> <p>Crackers w/ Cheese&amp; Apple Slices</p>	<p>26</p> <p>Pancakes Banana Milk</p> <p>Chicken Nachos Lettuce/Cheese Applesauce Milk</p> <p>Banana Boat and WG Elf Grahams</p>	<p>27</p> <p>Yogurt Parfait Fresh Fruit Milk</p> <p>Hotdogs WG Bun Peas Pears Milk</p> <p>WG Tortilla, Cheese, With a Meat Stick</p>
<p>30</p> <p>Waffles , Sausage Juice Milk</p> <p>Hot Ham and Cheese Wg bun Scalloped potatoes Peaches Milk</p> <p>WG Muffins &amp; Milk</p>				