

League of Extraordinary Children
SEPTEMBER 2022
 Breakfast Menu

KEY:
 ** 12 MONTHS TO 23
 MONTHS RECEIVE
 WHOLE MILK



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	2 Whole Wheat Croissant Butter Bananas 1% Unflavored Fat Free Milk
5 <p style="text-align: center;">CLOSED</p>	6 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	7 Honey Nut Cheerios Apples 1% Unflavored Fat Free Milk	8 Whole Grain Waffle Strawberries 1% Unflavored Fat Free Milk	9 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk
12 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	13 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	14 Whole Wheat Croissant Butter Strawberries 1% Unflavored Fat Free Milk	15 Cocoa Puffs Strawberries 1% Unflavored Fat Free Milk	16 Whole Grain Waffle Peaches 1% Unflavored Fat Free Milk
19 Honey Nut Cheerios Bananas 1% Unflavored Fat Free Milk	20 Multi-grain Cheerios Strawberries 1% Unflavored Fat Free Milk	21 Scrambled Eggs Tater Tots Apples 1% Unflavored Fat Free Milk	22 Fruit Loops Orange Slices 1% Unflavored Fat Free Milk	23 Whole Wheat Croissant Butter Pineapples 1% Unflavored Fat Free Milk
26 Whole Wheat Toast Cream Cheese Orange Slices 1% Unflavored Fat Free Milk	27 Fruit Loops Bananas 1% Unflavored Fat Free Milk	28 Whole Grain Mini Pancakes Strawberries 1% Unflavored Fat Free Milk	29 Whole Grain English Muffin Cream Cheese/Butter Pineapples 1% Unflavored Fat Free Milk	30 Multi Grain Cheerios Bananas 1% Unflavored Fat Free Milk

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Lunch Menu



**** KEY:**

Mixed Vegetables: Carrots, Green Peas, and Corn

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	2 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
5 CLOSED	6 Mac & Cheese Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	7 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	8 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	9 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
12 Cheese Ravioli with Sauce Broccoli Peach Slices 1% Unflavored Fat Free Milk	13 Black Beans White Rice Carrots Apples 1% Unflavored Fat Free Milk	14 Lentil Soup White Rice Green Peas Pineapple 1% Unflavored Fat Free Milk	15 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	16 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk
19 Turkey Meatball Whole Wheat Spaghetti with Sauce Orange Slices Cucumbers 1% Unflavored Fat Free Milk	20 Hot Dog Hot Dog Bun Steamed Broccoli Pineapple 1% Unflavored Fat Free Milk	21 Shredded Chicken Whole Grain Brown Rice Green Peas Pineapples 1% Unflavored Fat Free Milk	22 Whole Grain Brown Rice Split Pea Cucumber Banana 1% Unflavored Fat Free Milk	23 Baked Chicken Nuggets Baked Shoe-String Potato Fry Whole Grain Bread Roll Carrots Peach Slices 1% Unflavored Fat Free Milk
26 Mac & Cheese Steamed Broccoli Bananas 1% Unflavored Fat Free Milk	27 Whole Grain Brown Rice Red Beans Carrots Banana 1% Unflavored Fat Free Milk	28 Grilled Chicken Strips Whole Wheat Pasta Cucumber Banana 1% Unflavored Fat Free Milk	29 Black Beans White Rice Carrots Apples 1% Unflavored Fat Free Milk	30 Mini Pizza Bagels Steamed Broccoli Orange Slices 1% Unflavored Fat Free Milk

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SEPTEMBER 2022
P.M. Snack Menu



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**** 12 MONTHS TO 23**
MONTHS RECEIVE
WHOLE MILK

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Applesauce Bananas 1% Unflavored Fat Free Milk	2 Fat Free Strawberry Jell-O 1% Unflavored Fat Free Milk
5 CLOSED	6 Whole Grain Tortilla Chips Cheese Peaches 1% Unflavored Fat Free Milk	7 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	8 Chocolate Chip Sugar Free Cookies 1% Unflavored Fat Free Milk	9 Whole Grain Goldfish Baked 1% Unflavored Fat Free Milk
12 Orange Sherbet Strawberries 1% Unflavored Fat Free Milk	13 Baked Potato Chips Apples 1% Unflavored Fat Free Milk	14 Chocolate Chip Sugar Free Cookies 1% Unflavored Fat Free Milk	15 Fat Free Strawberry Jell-O 1% Unflavored Fat Free Milk	16 Whole Grain Mozzarella Sticks Mandarins 1% Unflavored Fat Free Milk
19 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	20 Mozzarella Cheese 5 Saltine Crackers 1% Unflavored Fat Free Milk	21 Whole Grain Goldfish Baked Mandarins 1% Unflavored Fat Free Milk	22 Granola Bar: Chocolate Chip Strawberries 1% Unflavored Fat Free Milk	23 Pretzels Raisins Peaches 1% Unflavored Fat Free Milk
26 Baked Potato Chips Apple Juice 1% Unflavored Fat Free Milk	27 Whole Grain Goldfish Baked 1% Unflavored Fat Free Milk	28 Whole Grain Rice Krispie Bananas 1% Unflavored Fat Free Milk	29 Whole Grain Cheez-it Pears 1% Unflavored Fat Free Milk	30 Strawberry & Banana Yogurt 1% Unflavored Fat Free Milk