

Little Stars All Natural / Organic September Menu

Morning Breakfast And Lunch Are Always Served With Organic Milk/Water And Afternoon Snack With Water or Organic Milk

Fresh Fruit Includes: Apples, Pears, Oranges, Bananas, Cantaloupe, Watermelon, Strawberries, Blueberries, Pineapple, Mangos, Nectarines And Honeydew Melon

Monday	Tuesday	Wednesday-1 st	Thursday-2 nd	Friday-3 rd
		Yogurt w/ Fresh Fruit & Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Fresh Fruit, Maple Syrup & Organic Milk
		Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Whole Wheat Pasta w/ Turkey Meatballs In Marinara Sauce Steamed Broccoli Florets Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Golden Corn Fresh Fruit Organic Milk
		Whole Grain Animal Crackers w/ Bananas	Whole Grain Blueberry Muffins w/ Organic Milk	Whole Grain Nut Free Trail Mix w/ Organic Milk
6 th	7 th	8 th	9 th	10 th
	Whole Grain Cinnamon Rolls w/ Fresh Fruit & Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Whole Wheat Pancakes w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Wheat Toast w/ Fresh Fruit & Organic Milk
	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	Chicken Salad On Whole Wheat Bread Veggie's w/ Ranch Dressing Fresh Fruit Organic Milk	Whole Wheat Cheese Pizza Sweet Petite Garden Peas Fresh Fruit Organic Milk
	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Home Economics Project Snack	Whole Grain Pretzels w/ Cheddar Cheese	Whole Grain Goldfish Crackers w/ Organic Milk
13 th	14 th	15 th	16 th	17 th
Oatmeal w/ Apples, Cinnamon & Organic Milk	Whole Grain Waffles w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Grain Cereal w/ Fresh Fruit & Organic Milk	Yogurt w/ Fresh Fruit & Organic Milk	Buttermilk Whole Wheat Biscuits w/ Fresh Fruit & Organic Milk
Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Alaskan Pollock Fish Sticks Sweet Golden Corn Fresh Fruit Organic Milk	Chicken Alfredo On Whole Grain Pasta Steamed Broccoli Florets Fresh Fruit Organic Milk	Whole Wheat French Toast w/ Maple Syrup Turkey Sausage Patty Fresh Fruit Organic Milk	Grilled Chicken Breast Whole Wheat Bread and Butter Mixed Vegetables Fresh Fruit Organic Milk
Goodies With Grandparents' Snack	Whole Grain Nut Free Trail Mix w/ Organic Milk	Chicken Salad w/ Whole Wheat Crackers	Whole Wheat Bagel Cheese Pizzas	Whole Grain Blueberry Muffins w/ Organic Milk
20 th	21 st	22 nd	23 rd	24 th
Whole Grain Banana Muffins w/ Organic Milk	Egg Patty w/ Fresh Fruit & Organic Milk	Whole Wheat Pancakes w/ Fresh Fruit, Maple Syrup & Organic Milk	Whole Wheat Bagels w/ Butter, Fresh Fruit & Organic Milk	Oatmeal w/ Apples, Cinnamon & Organic Milk
Whole Wheat Cheese Pizza Sweet Petite Garden Peas Fresh Fruit Organic Milk	Cheese Tortellini Whole Wheat Bread w/ Butter Steamed Broccoli Florets Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast Nuggets French Cut Green Beans Fresh Fruit Organic Milk	Grilled Cheddar Cheese On Whole Wheat Bread Mixed Vegetables Fresh Fruit Organic Milk	Chicken Soft Tacos Steamed Carrots Fresh Fruit Organic Milk
Fresh Fruit w/ Organic Milk	Whole Grain Goldfish Crackers w/ Organic Milk	Natural Unsweetened Cinnamon Apple Sauce w/ Graham Crackers	Whole Grain Animal Crackers w/ Bananas	Whole Grain Pretzels w/ Cheddar Cheese
27 th	28 th	29 th	30 th	
Whole Grain Cinnamon Rolls w/ Fresh Fruit & Organic Milk	Whole Grain Cereal w/ Fresh Fruit & Organic Milk	Whole Wheat Toast w/ Fresh Fruit & Organic Milk	Turkey Sausage w/ Fresh Fruit & Organic Milk	
Sheppard's Pie Fresh Cut Green Beans Fresh Fruit Organic Milk	Turkey Meatball Subs On Whole Wheat Bun Tatar Tots Fresh Fruit Organic Milk	Breaded Whole Grain Chicken Breast On A Whole Wheat Bun Steamed Carrots Fresh Fruit Organic Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Florets Fresh Fruit Organic Milk	
Chicken Salad w/ Whole Wheat Crackers	Whole Grain Apple Cinnamon Muffins, Fresh Fruit & Organic Milk	Frozen Yogurt and Fruit Bars	Veggie's w/ Ranch Dressing	

