

Homemade, fresh, organic, unprocessed and wholegrain items are utilized whenever possible. Snacks contain at least 3/4 food groups & Lunch contains 4/4 Food groups plus an extra serving from the fruit/vegetable Food group.

Dairy Fruits Vegetables Protein Grain Water is always available	23 <sup>rd</sup> Monkey Monday 	24 <sup>th</sup> Tea Party Tuesday 	25 <sup>th</sup> Waffle Wednesday 	26 <sup>th</sup> Teddy Bear Thursday 	27 <sup>th</sup> Fishy Friday 
Week 39 Sept 23 <sup>rd</sup> - 27 <sup>th</sup>	Pumpkin Muffins & Milk	Fruit Turnover & Cheese	Toast with Orange & Milk	Oatmeal Prunes & Milk	Raisin Toast & Milk
	Egg Salad Sand pepper slices, Apple & Milk	Chicken Lettuce Wrap, sliced Cucumber Milk	Waffles Bacon Hash brown, Applesauce & Milk	Ham lettuce, tomato, pickle Sandwich Baby Carrots & Milk	Crabby Patty (Fish Burger) "Fries", Fruit Salad & Milk
	Cheese, Crackers & Grapes	Maple Leaf Cookies Pear Milk aka: Tea	Chewy Granola Bar Banana & Yogurt	Teddy Grahams Craisins & Pudding	Gold Fish Crackers Cheese & Apple slices

Dairy Fruits Vegetables Protein Grain Water is always available	30 <sup>th</sup> Monkey Monday 	1 <sup>st</sup> Tea Party Tuesday 	2 <sup>nd</sup> Waffle Wednesday 	3 <sup>th</sup> Teddy Bear Thursday 	4 <sup>th</sup> Fishy Friday 
Week 40 Sept 30 - Oct 4 <sup>th</sup>	Banana Muffins & Milk	Bagel Cream cheese & Apricots	Toast Orange & Milk	Cream of wheat Prunes & Milk	Raisin Toast & Milk
	Corn Chips, browned Beans in Tomato Sauce topped with cheese & Milk	Corn & Cheese Quiche Tossed Salad Milk	Waffles Sausage Hash brown Banana & Milk	Pastrami Lettuce, tomato, pickle Sandwiches Baby Carrots Milk	Hot Dog "Fries" Fruit Salad & Milk
	Cheese, Sunchips & Grapes	Oatmeal Raisin cookies & Milk aka: Tea	Assorted Fruit Whole grain Cereal Bar & Yogurt	Teddy Grahams Fruit Snacks & Pudding	Gold Fish Crackers Cheese & Apple Slices