




Caring Steps September 2021 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
|  |  | <p>1</p> <p>B- *Bagel with Cream Cheese/Peaches L-Rotini with Meat Sauce/Seasoned Broccoli/Watermelon S- *Graham Cracker/Zucchini Sticks S2-Ritz crackers/Applesauce</p> | <p>2</p> <p>B-Rice Chex/Strawberries L- *Pancakes/Egg Omelet/Tater Tots/Blueberries S- *Nutrigrain Bar/Pears S2-Trail mix (goldfish, raisins, cheerios)</p> | <p>3</p> <p>B-Oatmeal/Craisins L- *Homemade Cheese Pizza/ Sweet Potato Puffs/Fresh Apple Slices S-Hummus/*Pita Bread Triangles S2-graham crackers/applesauce</p> |
| <p>6</p> <p>No School Happy Labor Day!</p> | <p>7</p> <p>B- *Pancakes/Fresh Orange Wedges L-Popcorn Chicken with Sweet and Sour Sauce/*Brown Rice/Seasoned Carrots/Pineapple S- Wowbutter/*Crackers S2-goldfish crackers/applesauce</p> | <p>8</p> <p>B- English Muffin with Jelly/Peaches L-Homemade Mac and Cheese/Seasoned Cauliflower/Pears S- Animal Crackers/Strawberries S2-Trail mix (goldfish, raisins, cheerios)</p> | <p>9</p> <p>B-Cheerios/Banana L- *Waffles / Egg Omelet / Potato Smiles/Blueberries S- *Tortilla Chips /w/ Salsa *S-Toddlers: *Crackers/Salsa S2-Ritz crackers/veggie pouch</p> | <p>10</p> <p>B-Yogurt/Banana L- *Homemade Cheese Pizza/Seasoned Corn/ Fresh Apple Slices S*Cheez-Its/Raisins S2-graham cracker/raisins</p> |
| <p>13</p> <p>B- *Apple Cinnamon Muffin/ Peaches L- Hamburger on a *Bun/Vegetarian Baked Beans/Pears S-Yogurt/Watermelon S2-graham crackers/applesauce</p> | <p>14</p> <p>B-Scrambled Eggs/Fresh Orange Wedges L- *Wowbutter and Jelly Sandwich/ Cucumber Coins/ Peaches S- *Granola/Pears S2-Trail mix (goldfish, raisins, cheerios)</p> | <p>15</p> <p>B- *Bagel with Cream Cheese/Applesauce L- Homemade Baked Ziti with Mozzarella/Seasoned Broccoli/Watermelon S- *Cheez-Its/ Zucchini Sticks S2-Ritz crackers/veggie pouch</p> | <p>16</p> <p>B- Rice Chex/Strawberries L--*French Toast/Egg Omelet / Tater Tots/Blueberries S-Cheese Cubes/*Crackers S2-goldfish crackers/applesauce</p> | <p>17</p> <p>B- Oatmeal/Raisins L- *Homemade Cheese Pizza/Seasoned Green Beans/Fresh Apple Slices S- *Animal Crackers/ Applesauce S2-graham crackers/raisins</p> |
| <p>20</p> <p>B- *Banana Muffin/Pineapple L- Chicken Nuggets/Seasoned Carrots/Applesauce S-Graham Cracker/Craisins S2- goldfish crackers/veggie pouch</p> | <p>21</p> <p>B- *Pancakes/Fresh Orange Wedges L- Turkey and Cheese Roll Up Sandwich/Seasoned Peas/Pineapple S-Nutrigrain Bar/Applesauce S2-Trail mix (goldfish, raisins, cheerios)</p> | <p>22</p> <p>B- *English Muffin with Jelly/Peaches L- Cheese Lasagna Roll Up/Seasoned Broccoli/Applesauce S-Hummus/*Pita Bread Triangles S2-Ritz crackers/raisins</p> | <p>23</p> <p>B-Cheerios/Banana L- *Pancakes/Egg Omelet/Potato Smiles/Blueberries S- *Cheddar Goldfish Crackers/Applesauce S2-graham crackers/raisins</p> | <p>24</p> <p>B-Yogurt/Banana L- *Homemade Cheese Pizza/Seasoned Cauliflower/Fresh Apple Slices S-Wowbutter/*Crackers S2-goldfish crackers/veggie pouch</p> |
| <p>27</p> <p>B- *Blueberry Muffin/Peaches L-Chicken Strips/Cucumber Coins/Pineapple S-Yogurt/Watermelon S2-Trail mix (goldfish, raisins, cheerios)</p> | <p>28</p> <p>B- *Scrambled Eggs/Fresh Orange Wedges L-Grilled Cheese Sandwich/Sweet Potato Puffs/Peaches S- *Tortilla Chips/Salsa *S- Toddlers: *Crackers/Salsa S2-goldfish/applesauce</p> | <p>29</p> <p>B- *Bagel with Cream Cheese/Peaches L-Rotini with Meat Sauce/Seasoned Broccoli/Watermelon Cubes S- *Graham Crackers/Zucchini Sticks S2-Ritz crackers/raisins</p> | <p>30</p> <p>B-Rice Chex/Strawberries L- *Waffles/Egg Omelet/ Tater Tots/Blueberries S- *Nutrigrain Bar/Pears S2-Trail mix (goldfish, raisins, cheerios)</p> |  |