

# September 2018



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.

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>LABOR DAY</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>4</p> <p>Whole Grain Chocolate Muffin Orange Juice Milk</p> <p>Meat Loaf Whole Grain Dinner Roll Carrots Applesauce Milk</p> <p>Whole Grain Elm Grahams &amp; Milk</p>	<p>5</p> <p>Cold Cereal Orange Juice Milk</p> <p>Taco Burger on a Whole Grain Bun Lettuce &amp; Cheese Pineapple Milk</p> <p>Wheat Thins, Pears &amp; Water</p>	<p>6</p> <p>Breakfast on a Stick Orange Juice Milk</p> <p>Whole Grain Pizza Sticks Marinara Sauce Peaches Milk</p> <p>Whole Grain Goldfish &amp; Milk</p>	<p>7</p> <p>Cold Cereal Orange Juice Milk</p> <p>Chicken Nuggets Whole Grain Dinner Roll Green Beans Pears Milk</p> <p>Chech Mix, Peaches &amp; Water</p>
<p>10</p> <p>Cold Cereal Orange Juice Milk</p> <p>Pizza Corn Applesauce Milk</p> <p>Whole Grain Goldfish Pretzels, String Cheese &amp; Water</p>	<p>11</p> <p>Whole Grain English Muffin Orange Juice Milk</p> <p>Breaded Chicken Patty Whole Grain Bun Peas Peaches Milk</p> <p>Whole Grain Cheez-Its Milk</p>	<p>12</p> <p>Cold Cereal Orange Juice Milk</p> <p>Spaghetti Hot Dish Whole Grain Dinner Roll Corn Pears Milk</p> <p>Cheese Sandwich Water</p>	<p>13</p> <p>Whole Grain Breakfast Pizza Orange Juice Milk</p> <p>Riblets On a Whole Grain Bun Green Beans Pineapple Milk</p> <p>Animal Crackers &amp; Yogurt Water</p>	<p>14</p> <p>Cold Cereal Orange Juice Milk</p> <p>Hamburger On a Whole Grain Bun Baked Beans Mandarin Oranges Milk</p> <p>Whole Grain Elf Grahams &amp; Pears Water</p>
<p>17</p> <p>Cold Cereal Orange Juice Milk</p> <p>Baked Chicken Breast On a Whole Grain Bun Corn Mandarin Oranges Milk</p> <p>String Cheese &amp; Saltine Crackers Water</p>	<p>18</p> <p>Whole Grain Biscuits &amp; Jelly Orange Juice Milk</p> <p>Chicken Taco Tortilla Lettuce &amp; Cheese Peaches Milk</p> <p>Whole Grain Goldfish Milk</p>	<p>19</p> <p>Cold Cereal Orange Juice Milk</p> <p>Hot Dog On a Whole Grain Bun Baked Beans Pears Milk</p> <p>Whole Grain Elf Grahams &amp; Yogurt Water</p>	<p>20</p> <p>Whole Grain English Muffin Orange Juice Milk</p> <p>Pizza Hot Dish Whole Grain Dinner Roll Green Beans Applesauce Milk</p> <p>Wheat Thins &amp; String Cheese Water</p>	<p>21</p> <p>Cold Cereal Orange Juice Milk</p> <p>Spaghetti Hot Dish Whole Grain Dinner Roll Carrots Pineapple Milk</p> <p>Chech Mix &amp; Pears Water</p>
<p>24</p> <p>Cold Cereal Orange Juice Milk</p> <p>Meatballs Whole Grain Dinner Roll Green Beans Applesauce Milk</p> <p>Cheese Sandwich Water</p>	<p>25</p> <p>Bagel Orange Juice Milk</p> <p>Cook's Choice Whole Grain Dinner Roll Corn Pears Milk</p> <p>Whole Grain Goldfish Pretzels Milk</p>	<p>26</p> <p>Cold Cereal Orange Juice Milk</p> <p>Mac &amp; Cheese Whole Grain Dinner Roll Carrots Mandarin Oranges Milk</p> <p>WG Chez-Its &amp; Peaches Water</p>	<p>27</p> <p>Whole Grain Blueberry Muffin Orange Juice Milk</p> <p>Hamburger On a Whole Grain bun Baked Beans Pineapple Milk</p> <p>Animal Crackers Milk</p>	<p>28</p> <p>Cold Cereal Orange Juice Milk</p> <p>Chicken Nuggets Whole Grain Dinner Roll Peas Peaches Milk</p> <p>Whole Grain Elm Grahams &amp; Yogurt Water</p>