



September



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. Whole grain items are identified as WG.

Mon	Tue	Wed	Thu	Fri
				1 Closed For Staff Trainings
4 Closed Happy Labor Day!	5 WG Muffin Juice Milk Cheese Burgers WG Bun Cold Carrots Peaches Milk WG Elf Grahams & Yogurt	6 Bagel & Cream Cheese Juice Milk Hashbrown Stackers WG Dinner Roll Corn Pears Milk Animal Crackers & Banana	7 Pita, Cream Cheese Fresh Fruit Milk Pizza Sticks Marinara Broccoli Applesauce Milk WG Goldfish & String Cheese	8 Egg and Tortilla Juice Milk WG Chicken Nuggets WG Dinner Roll Green Beans M. Oranges Milk WG Chez Its & Milk
11 Sausage, Egg and Cheese Juice Milk Pizza Corn Peaches Milk WG Goldfish & Apples	12 Cold Cereal Juice Milk Baked Chicken WG Bun Lettuce/Cheese Applesauce Milk Animal Crackers & Milk	13 Biscuit W/ Eggs Juice Milk Mac & Cheese WG Dinner Roll Green Beans Pineapple Milk WG Goldfish & Pears	14 Hashbrowns & Eggs Juice Milk Beef Taco Lettuce/Cheese M. Oranges Milk Yogurt & Chips	15 English Muffin, Egg Juice Milk Grilled Cheese Tomato Soup Cold Carrots Pears Milk WG Elf Grahams & Milk
18 Breakfast Stick Banana Milk Popcorn Chicken WG Dinner Roll Green Beans Pears Milk Carrots, Ranch & Juice	19 WG Muffin Juice Milk Hamburgers WG Bun Lettuce/Cheese M. Oranges Milk Chips & Yogurt	20 Waffles & Sausage Juice Milk Chicken Alfredo WG Dinner Roll Cold Carrots Pineapple Milk Crackers & Cheese & Apples	21 Oatmeal Bake Juice Milk Chicken Nachos Lettuce/Cheese Applesauce Milk WG Chez - Its & Banana	22 Cold Cereal Fresh Fruit Milk Sloppy Joes WG Bun Pickles Peaches Milk WG Tortilla, Cheese, With a Meat Stick
25 Waffles, Sausage Juice Milk Hotdogs WG Bun Peas Pears Milk WG Goldfish & Milk	26 Sausage Biscuits Juice Milk WG Breaded Chicken WG Bun Corn Pineapple Milk Pretzels & Cheese	27 Egg & Cheese Tortilla Juice Milk Chicken Strips WG Dinner Roll Baked Beans Applesauce Milk WG Chez its & Milk	28 English Muffin Juice Milk Spaghetti Hotdish WG Dinner Roll Corn M. Oranges Milk Chex mix & String Cheese	29 Breakfast Pizza Juice Milk Corn dogs Pickles Peaches Milk Yogurt and Berries