



EmBe EDUCATION

SEPTEMBER



Meals are subject to change. An alternate snack is served when selected snack is inappropriate for children under age 3.

EmBe Education strives 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Waffles Juice Milk Chicken Alfredo WG Dinner Roll Broccoli Mangos Milk WG Grahams & Jello with Fruit	2 Banana Bread Juice Milk Beef Taco Wg Tortilla Lettuce/Cheese Strawberries Milk WG Cheez Its & String Cheese	3 Breakfast Sticks Banana Milk Pizza Sticks Marina Sauce Peas Pears Milk Graham Crackers, Banana, & Chocolate Chips	4 Closed for Staff Training
7 Closed for Holiday	8 Muffins Juice Milk Dino Nuggets WG Dinner Roll Mashed Potato W/ Gravy Pineapple Milk WG Grahams & Yogurt	9 Egg and Cheese Tortilla Strawberries Milk Waffles Sausage Tri Tater Fresh Fruit Milk Veggie Crisps and Juice	10 WG Tortilla shell Fresh Fruits Milk Grilled Cheese Tomato Soup Pears Milk WG Goldfish & Smoothies	11 Banana Bread Juice Milk Cheeseburger on a Bun Baked Beans Peaches Milk Chips, String Cheese, Salsa
14 Cold Cereal Juice Milk Corndogs Peas Mandarin Oranges Milk WG Goldfish & Apples	15 Biscuit Fresh Fruits Milk Beef Vegetable Soup WG Dinner Roll Mixed Veggies Peaches Milk Yogurt & Berries	16 Egg Bites Breakfast potatoes Juice Milk Pizza Peas Mangos Milk Crackers, Cheese, & Meat	17 Egg and Cheese Tortilla Banana Milk Popcorn Chicken WG Dinner Roll Scalloped Potatoes Apples Milk Applesauce Cups & Pretzels	18 Biscuits & Sausage Fruit Milk Chicken Taco WG Tortilla Lettuce/Cheese Pears Milk WG Elf Grahams & Juice
21 Egg & Cheese Tortilla Juice Milk Naked Chicken Nuggets WG Dinner Roll Mixed Veggies Pears Milk Banana, Chocolate Chips, & Grahams or Jello	22 WG Muffin Juice Milk Chicken Bacon Ranch Wrap Lettuce/Cheese Mandarin Oranges Milk Yogurt & Banana Bread	23 Yogurt & Berries Juice Milk Sloppy Joes WG Bun Pickles Pineapple Milk WG Muffins & Apples	24 Biscuits Banana Milk Mac and Cheese WG Dinner Roll Broccoli Peaches Milk WG Cheez Its & Juice	25 Breakfast Burrito Juice Milk Hot Dogs WG Bun Corn Applesauce Milk WG Goldfish & String Cheese
28 Egg & Cheese Sandwich Juice Milk WG Chicken Nuggets WG Dinner Roll Corn Applesauce Milk WG Belvitas & Cubed Cheese	29 Yogurt & Berries Juice Milk Meatballs WG Dinner Roll Green Beans Mandarin Oranges Milk Chex Mix & Fruit	30 Cold Cereal Fruit Milk Chicken Parmesan WG Bun Carrots Pears Milk WG Goldfish & Juice		