



**DAYCARE ALLERGENS**  
**BREAKFAST & LUNCH – SEPTEMBER MENU**

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus [N] Oats [O]

|                  |  |  |  |  |   |   |   |   |
|------------------|--|--|--|--|---|---|---|---|
|                  | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>   |   |   |   |
|                  | <p>¼ c <b>WG</b> Oatmeal<br/>½ c <b>Honeydew</b><br/>¾ c Milk [D]</p>  | <p>¼ c <b>WG</b> Bagel [G][C] &amp; Cream Cheese [D]<br/>½ c <b>Sliced Apple</b><br/>¾ c Milk [D]</p>  | <p>1 Cheese Omelet<br/>1 oz <b>WG</b> English Muffin [G][S][C] w<br/>PC Jelly [C]<br/>½ c <b>Pears</b><br/>¾ c Milk [D]</p>  | <p>2 oz Teriyaki Chicken [T][S][C]<br/>¼ c <b>WG</b> Rice<br/>¼ c Asian Succotash – (baby corn, lima<br/>beans, tomato) [T][C]<br/>¼ c <b>Pineapple</b><br/>¾ c Milk [D]</p> | <p>½ c Beef Picadillo #8 [T] 1 ½ oz m/ma<br/>¼ c <b>WG</b> Rice (½ oz Grain)<br/>½ c <b>Spinach Salad</b> w creamy Italian<br/>[S][C] / <b>EHS</b> 1/8 c Steamed <b>Spinach</b><br/>¼ c <b>Pears</b><br/>¾ c Milk [D]</p> | <p><b>Breakfast for Lunch</b><br/>3 Turkey Sausage Bites<br/>2 <b>WG</b> Pancake [E][G][S][C] w Lite Syrup<br/>¼ c <b>Creamed Spinach &amp; Greens</b> [D][G][S][C]<br/>¼ c <b>Tropical Fruit Salad</b> (Pineapple,<br/>Papaya, Guava)<br/>¾ c Milk [D]</p> | <p>2 oz Beef Patty [S]<br/>1 <b>WG</b> Bun<br/>¼ c Glazed <b>Carrots</b><br/>¼ c <b>Cantaloupe</b><br/>¾ c Milk [D]</p> | <p>5/8 c Seasoned <b>Red Beans</b> [T] &amp; <b>WG</b><br/>Rice<br/>• 3/8 c Beans; ¼ c Rice<br/>¼ c <b>Broccoli</b> w Italian Dressing<br/>[S][C]<br/>½ <b>Apple</b><br/>¾ c Milk [D]</p> |
| <b>LUNCH</b>     | <p><b>Veg: 3 Chix Nuggets w Teriyaki Sauce</b></p>   | <p><b>Veg: ½ c Bean Piccadillo 1.5 oz m/ma</b></p>   | <p><b>Veg: ½ c Yogurt [D][C] 1 oz m/ma &amp; 1 oz String Cheese 1 oz m/ma and pancakes,</b></p>  | <p><b>Veg ½ c Barbecue Kidney Beans (2 oz m/ma) ½ WG w Pita (1 oz g)</b></p>   | <p><b>Veg: Same</b></p>   |   |   |   |
|                  | <b>28</b>  | <b>29</b>  | <b>30</b>  |  |   |   |   |   |
| <b>BREAKFAST</b> | <p>1 <b>WG</b> Pancake [E][G][S][C] w Syrup [C]<br/>½ c <b>Honeydew</b><br/>¾ c Milk [D]</p>   | <p>½ <b>WG</b> English Muffin [G][S][C] w PC<br/>Jelly [C]<br/>½ c <b>Melon Salad</b><br/>¾ c Milk [D]</p>   | <p><b>China</b><br/>¼ c Stir Fried Beef La Choy [C]<br/>¼ c <b>WG</b> Rice<br/>¼ c <b>Broccoli</b> &amp; Dip [D]<br/>¼ c <b>Tropical Fruit Salad</b> (Pineapple,<br/>Papaya, Guava)<br/>¾ c Milk [D]</p> |  |   |   |   |   |
| <b>LUNCH</b>     | <p>¼ c <b>WG</b> Spaghetti [G] &amp; ½ c Meat<br/>Sauce [T]<br/>¼ c <b>Green Beans</b><br/>2 <b>Orange Wedges</b><br/>¾ c Milk [D]</p> | <p>¼ c Turkey Sloppy Joe [T][C]<br/>1 oz <b>WG</b> Bun [G][S]<br/>¼ c <b>Creamed Spinach &amp; Greens</b> [D][G][S][C]<br/>¼ c <b>Apple</b><br/>¾ c Milk [D]</p> | <p><b>Veg: ½ c Soy Protein 2 oz m/ma &amp; Broccoli</b></p>  |  |   |   |   |   |
|                  | <p><b>Veg: ¼ Spaghetti &amp; ½ Soy Protein Sauce</b></p>   | <p><b>Veg: ½ c Soy Protein Joe 1.5 oz m/ma</b></p>   |  |  |   |   |   |   |