


Youth & Family Services Menu: SEPTEMBER 2008

Girl's Inc., Child Care, Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
9/1	9/2	9/3	9/4	9/5
Labor Day Holiday 	Banana bread square Yogurt / Pears Chicken strips w/ ranch 1/2 slice wheat bread Corn Peaches Crackers 100% juice	Cold cereal Wheat toast / peaches Turkey sandwich 1/2 wheat sub bun Fresh broccoli Orange slices Animal crackers Milk	Breakfast tortilla w/ salsa Fresh apple slices Mac 'n cheese w/ ham Green beans Grapes Oatmeal cookie Milk	French toast Fruit mix Smart Pizza Garden salad Applesauce Soft pretzel 100% juice
9/8	9/9	9/10	9/11	9/12
Waffle sticks Banana Week of Green Vegetables! Ham & cheese bagel melt 1/2 bagel Lettuce salad / dressing Peaches YFS wheat roll 100% juice	Whole grain oatmeal 1/2 bagel / Tropical fruit Meatballs Spaghetti pasta Green beans Pineapple Cinnamon tortilla roll-up 100% juice	Pumpkin muffin Orange wedges Chicken drumstick 1/2 slice wheat bread Peas Grapes Applesauce Crackers	Cold cereal / Wheat toast Peaches Baked chicken Wheat bread slice Salad / Broccoli Cucumbers Pears / Birthday treat Pretzel trail mix Milk	English muffin Fruit mix / Hard-cooked egg Egg salad sandwich Wheat bread Broccoli Watermelon Cereal Milk
9/15	9/16	9/17	Celebrate Birthdays	9/19
Cheese slice / 1/2 bagel Applesauce Turkey taco Soft tortilla Mixed veggies Pineapple Banana Milk	French toast Pears Chicken salad Bun Peas Grapes Animal crackers Milk	Oatmeal with raisins Wheat toast / Peaches Ham slice Macaroni salad Baby carrots Melon Cheese crackers 100% juice	Cold cereal Cinn. roll / Fruit mix Hawaiian Adventure Glazed chicken Rice Sweet potatoes Tropical fruit YFS oatmeal cookie 100% juice	Wheat toast / Scrambled egg Pears Sloppy Joe Bun Tator tots Fruit mix Apple slices / Granola crunch Milk
9/22	9/23	9/24	Cultural Foods!	9/26
Yogurt cereal parfait Banana & berries Hamburger (ketchup) Bun Cucumbers / Celery Pears Banana Milk	Bread pudding Cinnamon apple slices Turkey sandwich Wheat bun Salad greens Grape & pineapple mix Tortilla chips / Salsa Milk	Waffle stick Orange slices Meatballs / Gravy Wheat bread slice Mashed potatoes Peaches Raisin bread 100% juice	Oatmeal Pineapple Teriyaki chicken Rice Oriental vegetables Applesauce Be a chef, make a snack! Cheese Sandwich Water	All Agency Training Day YFS Closed
9/29	9/30	10/1	10/2	10/3
Wheat toast / Scrambled egg Pineapple Beef patty / Gravy Noodles Green beans Mandarin oranges Banana Milk	Cereal / Bagel Applesauce Ham sandwich Corn / Potato soup Peaches Crackers 100% Juice	French toast Orange slices Spaghetti w/ meat sauce Italian blend veggies Grapes YFS muffin 100% Juice	Oatmeal / Cinnamon Toast Pineapple Mac 'n cheese w/ ham Green beans Grapes / Birthday treat Apple Milk	Cereal / Toast Fruit mix Chicken & cheese Burrito Refried beans Applesauce Animal crackers Milk

All menu items subject to change

Milk served with breakfast and lunch

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC.