




Sweet Beginnings Early Learning Center

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST: Oatmeal, peaches, milk LUNCH: Flat bread chicken alfredo pizza, corn, grapes, milk SNACK: Rice Krispy Treat & milk	2 BREAKFAST: Bage ls w/ cream cheese, pineapple, milk LUNCH: Meatloaf, green beans, roll, mixed fruit, milk SNACK: Cheese & crackers
5 	6 BREAKFAST: Br an Flakes, ban an as, milk LUNCH: Mexican pasta salad w/ black beans, corn, grapes, milk SNACK: Cheese sandwich & milk	7 BREAKFAST: Breakfast burrito, or an ges, milk LUNCH: Tur key & cheese pin wheel, mixed veggies, applesauce, milk SNACK: Graham crackers & yogurt	8 BREAKFAST: Biscuits & gravy, pear s, milk LUNCH: BBQ chicken, green beans, garlic bread, watermelon, milk SNACK: Ban ana Bread & milk	9 BREAKFAST: English muffin s, blueber ries, milk LUNCH: Tuna casserole, peas, mixed fruit, milk SNACK: Cheese & crackers
12 BREAKFAST: Rice Krispies, bananas, milk LUNCH: Bean & cheese Burrito, corn, mango, milk SNACK: Carrots & Hummus	13 BREAKFAST: Oatmeal, blueber ries, milk LUNCH: Broccoli & cheese soup, tur key roll-up, apples, milk SNACK: Chex-mix & milk	14 BREAKFAST: Cin namon toast, pear s, milk LUNCH: Goulash, roll, green beans, cantaloupe, milk SNACK: Cucumbers & cottage cheese	15 BREAKFAST: Pan cakes, grapes, milk LUNCH: Mac & cheese w/ spinach & ham, peas, pineapple, milk SNACK: Oatmeal cookie & milk	16 BREAKFAST: Bage ls, orange s, milk LUNCH: Chicken noodle casserole w/ mixed veggies, watermelon, milk SNACK: Cheese & crackers
19 BREAKFAST: Cheerios, bananas, milk LUNCH: Chicken and rice, peas, kiwi, milk SNACK: Roasted chick peas & carrots	20 BREAKFAST: Sausage biscuit, pear s, milk LUNCH: Hawaiian pasta salad w/ ham, pineapple, broccoli, milk SNACK: Goldfish & milk	21 BREAKFAST: French toast sticks, applesauce, milk LUNCH: Beef Pizza dillas, green beans, watermelon, milk SNACK: Yogurt & apple slices	22 BREAKFAST: Cin namon roll, peaches, milk LUNCH: Chicken Salad sandwich, carrots, apples, milk SNACK: Animal crackers & milk	23 BREAKFAST: English muffin s, cantaloupe, milk LUNCH: Beef Enchiladas, corn, mixed fruit, milk SNACK: Cheese & crackers
26 BREAKFAST: Corn flakes, bananas, milk LUNCH: Cucumber Ranch Tur key wrap, pineapple, milk SNACK: Pita chips & guacamole	27 BREAKFAST: Blueberry muffin s, cantaloupe, milk LUNCH: Ham & cheese sandwich, tomato soup, watermelon, milk SNACK: Graham crackers & milk	28 BREAKFAST: Toast w/ jelly, applesauce, milk LUNCH: Lemon Pepper fish, roll, orange s, peas, milk SNACK: Cottage cheese & pretzels	29 BREAKFAST: Biscuits & gravy, peaches, milk LUNCH: Taco salad w/ beef, tortilla chips, lettuce, tomato, pear s, milk SNACK: Apple pie bites & milk	30 BREAKFAST: Bage ls, blueber ries, milk LUNCH: Cheesy chicken spaghetti, corn, mixed fruit, milk SNACK: Cheese & crackers