

September TOTS Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breaded Chicken Tenders (1 g, 2 oz) Corn (1/4 C) Unsweetened Applesauce (1/4 C) Milk (1 C)	2 Cheese Pizza (2.25 g, 1.5 oz) Animal Crackers (1 g) Peas and Carrots (1/4 C) Pineapple Tidbits (1/4 C) Milk (1 C)	3 Diced Chicken (2 oz) Spaghetti Noodles(1g) Alfredo Sauce (1/2 C) Steamed Broccoli (1/4 C) Strawberries (1/4 C) Milk (1 C)	4 Hamburger (2 oz) Sliced American Cheese (1/2 oz) Bun (2 grain) Steamed Carrots (1/4 C) Banana Slices (1/2 C) Milk (1 C)
7 No School	8 Breaded Chicken Patty (2 oz, 1 grain) Bun (2 grain) Potato Wedges (1/4 C) Mandarin Oranges(1/4 C) Milk (1 C)	9 Ground Beef (2 oz) Macaroni (1 oz) Marinara Sauce (1/4 C) Roll (1 grain) Green Peas (1/4 C) Diced Pears (1/4 C) Milk (1 C)	10 Meatloaf (2.25 oz) Biscuit (2 grain) Cheddar Bunny Crackers (1 g) Mashed Potatoes (1/4 C) Apple Slices (1/4 C) Milk (1 C)	11 Corn Tortilla (2 grains) Diced Mexican Chicken (1/2 C) Shredded Cheddar Cheese (2 oz) Mexican Refried Beans (1/4 C) Banana Slices (1/2 C) Milk (1 C)
14 Diced Chicken (2 oz) Bun (2 grains) BBQ Sauce (2 T) Sweet Potato Tots (1/4 C) Mandarin Oranges (1/4 C) Milk (1 C)	15 Tortilla (1 Grain) Cheddar Cheese (0.25 oz) Diced Chicken (1/4 C) Seasoned Brown Rice (1/2 C) Seasoned Black Beans (1/4 C) Banana Slices (1/2 C) Milk (1 C)	16 Chicken Nuggets (1 grain, 2 oz) Steamed Broccoli (1/4 C) Pineapple Tidbits (1/4 C) Milk (1 C)	17 Fish Sticks (2 oz, 1.25 grains) Potato Wedges (3 oz) Green Beans (1/4 C) Diced Peaches (1/4 C) Milk (1 C)	18 Cheese Pizza (2.25 grains, 1.5 oz) Wheat Dinner Roll (1 g) Peas (1/4 C) Unsweetened Applesauce (1/2 C) Milk (1 C)
21 Beef Filled Ravioli (2 oz) Dinner Roll (1 g) Corn(1/4 C) Diced Pears (1/4 C) Milk (1 C)	22 Popcorn Chicken (2 oz, 1 grain) Steamed broccoli (1/4 C) Apple Slices (1/4 C) Milk (1 C)	23 Tortilla (1 grain) Cheddar Cheese Sauce (1/4 C) Refried Black Beans (1/2 C) Pineapple Tidbits (1/2 C) Milk (1 C)	24 Hamburger (2 oz) Bun (2 grain) Tater Tots (1/4 C) Banana Slices (1/2 C) Milk (1 C)	25 Mac & Cheese (1/2 C) (2 oz, 2 grains) Green Peas (1/4 C) Mandarin Oranges (1/4C) Milk (1 C)
28 Spaghetti (1/2 C) (1g) Meat sauce (1/2 C) California Vegetables (1/4 C) Mandarin Oranges (1/4 C) Milk (1 C)	29 Shredded Cheddar cheese (1 oz) 6 inch tortilla (1g) Brown Rice (1/2 C) Seasoned Black Beans (1/4 C) Diced Peaches (1/4 C) Milk (1 C)	30 Diced Chicken (2 oz) Spaghetti Noodles(1g) Alfredo Sauce (1/2 C) Steamed Carrots (1/4 C) Pineapple Tidbits (1/4 C) Milk (1 C)		

Children under 2: Whole milk

Children 2 and up: minimum 1% milk

All meat, vegetables and fruit are chopped to pieces no larger than 1/4" size.

Alternate food choice: Sunbutter and jelly