

PT Center Menu for Sept 2019

Menus Subject to Change

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
NO CENTER	Strawberry Parfait w/ WG Granola Low Fat Milk ----- Breaded Chicken Drumstick WG Roll Mashed Potatoes Diced Peaches Low Fat Milk	WG Bagel w/ Sunbutter Fresh Fruit Low Fat Milk ----- Meatball Marinara with WG Pasta Seasoned Peas Diced Pears Low Fat Milk	WG Cereal Fresh Fruit Low Fat Milk ----- Ham & Cheese Sandwich Shredded Lettuce Black Beans Unsweetened Applesauce Low Fat Milk	WG Cereal Fresh Fruit Low fat Milk ----- Beef Taco Salad w/ Baked Nachos Mixed Fruit Low fat Milk
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
WG French Toast Slices Unsweetened Applesauce Low Fat Milk ----- Chicken Nuggets WG Roll Tater Tots Fresh Fruit Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Fruit Low Fat Milk ----- Cheeseburger on WG Bun Celery Sticks Diced Peaches Low Fat Milk	WG Cereal Fresh Fruit Low Fat Milk ----- Chicken Patty Sandwich Baby Carrots Diced Pears Low Fat Milk	Breakfast Pizza Fresh Fruit Low Fat Milk ----- Beef Crunchy Tacos Shredded Lettuce Black Beans Unsweetened Applesauce Low Fat Milk	WG Pancakes Unsweetened Applesauce Low Fat Milk ----- Cheese Pizza Seasoned Broccoli Mixed Fruit Low Fat Milk
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
WG French Toast Sticks Unsweetened Applesauce Low Fat Milk ----- Pizza Sticks w/ Marinara Sauce Seasoned Green Beans Fresh Fruit Low Fat Milk	Blueberry Parfait with WG Granola Low Fat Milk ----- Breaded Chicken Drumstick w/ WG Roll Mashed Potatoes Diced Peaches Low Fat Milk	WG Bagel w/ Sunbutter Fresh Fruit Low Fat Milk ----- Popcorn Chicken Mac & Cheese Baby Carrots Diced Pears Low Fat Milk	Egg & Cheese Bagel Fresh Fruit Low Fat Milk ----- Turkey & Cheese Wrap Shredded Lettuce Black Beans Unsweetened Applesauce Low Fat Milk	WG Cereal Fresh Fruit Low Fat Milk ----- Beef Taco Salad w/ Baked Nachos Mixed Fruit Low Fat Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
WG French Toast Sticks Unsweetened Applesauce Low Fat Milk ----- Chicken Nuggets WG Roll Baked Fries Fresh Fruit Low Fat Milk	WG Cereal Fresh Fruit Low Fat Milk ----- Cheeseburger on WG Bun Celery Sticks Diced Peaches Low Fat Milk	LF Yogurt & ½ WG Bagel Fresh Fruit Low Fat Milk ----- WG French Toast Sticks 6 oz. LF Yogurt Baby Carrots Diced Pears Low Fat Milk	Breakfast Pizza Fresh Fruit Low Fat Milk ----- Ham & Cheese Sandwich Shredded Lettuce Black Beans Diced Peaches Low Fat Milk	WG Pancakes Unsweetened Applesauce Low Fat Milk ----- Cheese Pizza Fresh Cauliflower Mixed Fruit Low Fat Milk
<p>Tips to make family meals happen more often in your home:</p> <ul style="list-style-type: none"> - Keep it simple - Choose ingredients that multitask <ul style="list-style-type: none"> - Say “no” to takeout - Make it a habit - It’s OK to ask for help <ul style="list-style-type: none"> - Make it fun 				

*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

This institution is an equal opportunity provider.