

GRACE PLACE PRESCHOOL SEPTEMBER MENU

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug 29 th – Sep 2 nd	AM Snack	Muffin, Milk	Oatmeal, Peaches, Milk	Sausage, Mini Pancake, Milk	Cheese Grits, ½ Banana, Milk	Cereal and Milk
	Lunch	Turkey Sandwich, Broccoli, Applesauce, Milk, or Juice	Taco Salad, Peas, Pears, Milk, or Juice	Chicken Nuggets, Corn, Fruit Cocktail, Milk, or Juice	Ham and Cheese Wrap, Fries, Watermelon, Milk, or Juice	Grandparents Day
	PM Snack	Carrot Sticks w/Ranch, Water	Cheese & Crackers, Water	Cucumber w/Ranch, Water	Veggie Straws, Water	Nutri-Grain bar, Water
	PM Snack	Graham Crackers, Water	Pretzels, Water	Goldfish, Water	Animal Crackers, Water	Cheese-it's, Water
Sept. 5 th – 9 th	AM Snack	Oatmeal, Blueberries, Milk	Sausage Biscuit, Milk	Grits, ½ Banana, Milk	Cereal and Milk	Cheese Toast, Strawberries, Milk
	Lunch	Chicken Sandwich, Corn, Halo Oranges, Milk, or Juice	Soft Taco, Refried Beans, Applesauce, Milk, or Juice	Corn Dog, Fries, Pears, Milk, or Juice	Soy Butter & Jelly Sandwich, Chips, Watermelon, Milk, or Juice	Baked Ziti, Salad, Bread, Cookie
	PM Snack	Carrot Sticks w/Ranch, Water	Cheese & Crackers, Water	Cucumber w/Ranch, Water	Veggie Straws, Water	Nutri-Grain bar, Water
	PM Snack	Graham Crackers, Water	Pretzels, Water	Goldfish, Water	Animal Crackers, Water	Cheese-it's, Water
Sept. 12 th – 16 th	AM Snack	Yogurt, Peaches, Milk	Cream of Wheat, Apple slices, Milk	French Toast, Mixed Berries, Milk	Scrambled Egg, Toast, Milk	Waffle, Mixed Fruit, Milk
	Lunch	Grilled Cheese, Peas n Carrots, Pears, Milk, or Juice	Hot Dog, Baked Beans, Fruit Cocktail, Milk or Juice	Mac n Cheese Bowl, Cucumbers w/Ranch, Jell-o, Milk, or Juice	Cheeseburger, Fries, Halo Oranges, Milk, or Juice	Orange Chicken, Fried Rice, Veggies, and Fruit Cocktail
	PM Snack	Carrot Sticks w/Ranch, Water	Cheese & Crackers, Water	Veggie Straws, Water	Chocolate Chip Cookie, Water	Nutri-Grain bar, Water
	PM Snack	Graham Crackers, Water	Pretzels, Water	Goldfish, Water	Animal Crackers, Water	Cheese-it's, Water
Sept. 19 th – 23 rd	AM Snack	Muffin, Milk	Oatmeal, Peaches, Milk	Sausage, Mini Pancake, Milk	Cheese Grits, ½ Banana, Milk	Cereal and Milk
	Lunch	Ham and Cheese Wrap, Corn, Fruit Cocktail, Milk, or Juice	Spaghetti, Peas, Pears, Milk, or Juice	Turkey Sandwich, Broccoli, Applesauce, Milk, or Juice	Chicken Tenders, Fries, Watermelon, Milk, or Juice	Pizza Bites, Salad w/Ranch, Halo Oranges, Milk or Juice
	PM Snack	Carrot Sticks w/Ranch, Water	Cheese & Crackers, Water	Cucumber w/Ranch, Water	Veggie Straws, Water	Nutri-Grain bar, Water
	PM Snack	Graham Crackers, Water	Pretzels, Water	Goldfish, Water	Animal Crackers, Water	Cheese-it's, Water

Sept. 26 th – 30 th	AM Snack	Waffle, Mixed Fruit, Milk	Scrambled Egg, Toast, Milk	Cream of Wheat, Apple slices, Milk	Yogurt, Peaches, Milk	French Toast, Strawberries, Milk
	Lunch	Fish Sticks, Green Beans, Melon, Milk, or Juice	Cheese Quesadillas, Mexican Rice, Pears, Milk, or Juice	Chicken Alfredo Bowl, Broccoli, Halo Oranges, Milk, or Juice	Hot Dog, Corn, Fruit Cocktail, Milk, or Juice	Steak Fingers, Rice, Banana Pudding, Milk, or Juice
	PM Snack	Carrot Sticks w/Ranch, Water	Cheese & Crackers, Water	Veggie Straws, Water	Chocolate Chip Cookie, Water	Nutri-Grain bar, Water
	PM Snack	Graham Crackers, Water	Pretzels, Water	Animal Crackers, Water	Goldfish, Water	Cheese-it's, Water