

LEAPS & BOUNDS CHILD CARE CENTER - ONEKAMA



SEPTEMBER 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Labor Day
No School**

2

Breakfast: Yogurt & Golden Grahams

3

Lunch: Chicken Nuggets, Sweet Potato Tots, Applesauce

Snack: Scooby Cinnamon Graham Crackers and Juice

Breakfast: Egg/Bacon Breakfast Pizza

4

Lunch: Hamburger, WG Bun, Fresh Veggies, Peaches

Snack: Applesauce Cup and Muffin

Breakfast: Gogurt with Cinnamon Tasties

5

Lunch: Nachos & Chips, Salsa, Refried Beans, Oranges

Snack: Cheese Stick and Cheezit Crackers

Breakfast: Cereal & Toast

6

Lunch: French Toast, Hashbrowns, Sausage Patty, Banana

Snack: Gogurt and Graham Crackers

Breakfast: Bagel and Cream Cheese

9

Lunch: Walking Taco, Salsa & Lettuce, Corn, Applesauce

Snack: Trix Cereal Bar and Milk

Breakfast: Scrambled Eggs & Toast

10

Lunch: Hot Dog, WG Bun, Baked Beans, Fresh Banana,

Snack: Cheddar Chex Mix and Juice

Breakfast: Blueberry Breakfast Round

11

Lunch: PB & Jelly, Fresh Veggies, Peaches

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Breakfast Sausage Pizza

12

Lunch: Chicken Patty, WG Bun, Green Beans, Oranges

Snack: Golden Grahams and Juice

Breakfast: Breakfast Jammers

13

Lunch: Cheese Pizza, Mixed Greens Salad/Dressing, Diced Pears

Snack: Applesauce Cup and Muffin

Breakfast: Waffles

16

Lunch: Chicken Nuggets, Brown Rice w/Sweet and Sour Sauce, Green Beans, Pineapple

Snack: Cheddar Chex Mix and Juice

Breakfast: Sunberry Breakfast Rounds

17

Lunch: Turkey/Cheese, WG Goldfish Bun, Fresh Fruit, Baked Beans

Snack: Scooby Cinnamon Graham Crackers and Milk

Breakfast: Strawberry Pancakes

18

Lunch: Goulash, WG Breadstick, Fresh Veggies, Peaches

Snack: Cheese Stick and Fresh Apple

Breakfast: Apple Jammers

19

Lunch: Popcorn Chicken, BBQ Sauce, Sweet Potato Fries, Mixed Fruit

Snack: Coco Cherry Get Vertical Bars and Milk

Breakfast: Cereal & Toast

20

Lunch: Toasted Cheese Sandwich, Tomato Soup, Green Beans, Oranges

Snack: Cheese Stick and Cheezit Crackers

Breakfast: Pancake Sausage Wrap

21

Lunch: Tacos, Doritos, Salsa & Lettuce, Refried Beans, Mixed Fruit

Snack: Trix Cereal Bar and Milk

Breakfast: French Toast

24

Lunch: Turkey/Cheese, WG Goldfish Bun, Fresh Fruit, Steamed Carrots

Snack: Cheddar Chex Mix and Juice

Breakfast: Gogurt and Cherry Vertical Bars

23

Lunch: PB & Jelly, Fresh Veggies, Peaches

Snack: Gogurt and Scooby Cinnamon Graham Crackers

Breakfast: Sunny Egg Burrito

26

Lunch: Hot Dog, WG Bun, French Fries, Applesauce

Snack: Cheese Stick and Banana

Breakfast: Breakfast Jammers

27

Lunch: Macaroni & Cheese, WG Roll, Green Beans, Pears

Snack: Scooby Cinnamon Graham Crackers and Milk

Breakfast: Apple Cinnamon Texas Toast

30

Lunch: Spaghetti, Breadstick, Fresh Veggies, Peaches

Snack: Cheese Stick and Cheezit Crackers

DID YOU KNOW?

September comes from the Latin words septem, meaning seven and septimus, meaning seventh. In ancient Rome, September was the seventh month of the year. Questions? Contact Food Service Director, Jenice Momber, 231.889.4251, ext 109 or Head Cook, Deanna Fink, 231.889.4251, ext 109

Meal Information

No fat or low fat milk available every day

Condiments may include ketchup, mustard, mayonaise, R/F salad dressings, bbq sauce

No breakfast on days school is delayed.

Food Service reserves the right to change the menu without notice.

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