


Kids Depot Menus for September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Bagels w/ cream cheese Applesauce	WG MINI-WHEATS Bananas	Cream of Wheat Oranges	
	Mediterranean Quinoa Salad String Cheese Watermelon	Sloppy Joes (WG BUN) French Fries Cantaloupe	Ham & Cheese Sandwich (WG BREAD) Cucumbers & Tomatoes Grapes	CLOSED FOR STAFF WORK DAY
	Hard Boiled Eggs Ritz Crackers	Apples Milk	Graham Crackers Milk	
7	8	9	10	11
	OATMEAL Apples	WG MINI-WHEATS Bananas	Banana Bread Oranges	WG CHEERIOS Grapes
CLOSED FOR LABOR DAY	Tator Tot Casserole Green Beans (WG BREAD)	Sausage Pizza Lettuce Salad Honeydew	Tuna Casserole (WG NOODLES) Mixed Veggies Peaches	Taco Salad Breadstick Cantaloupe
	String Cheese Seasoned Oyster Crackers	Ritz Crackers Black Bean Dip	RICE CAKE w/ cream cheese Broccoli & Cauliflower	Animal Crackers Milk
14	15	16	17	18
WG MINI- WHEATS Apples	WG PANCAKES Applesauce	WG CHEERIOS Honeydew	Pumpkin Bread Cantaloupe	Cream of Wheat Oranges
Porcupine Meatballs Mashed Potatoes Green Beans Dinner Roll	Turkey & Cheese Rollup (WG TORTILLAS) Cucumbers & Tomatoes Apples	Mac-n-Cheese (WG NOODLES) Peas, Ham Oranges	Haddock Pop's Potatoes Peaches (WG BREAD)	Hamburger on BUN Pineapple Baked Beans
Pretzels Grapes	Peppers & Carrots Milk	Yogurt Bananas	Banana Chips Ritz Crackers	Oatmeal Raisin Muffin Milk
21	22	23	24	25
Cinnamon TOAST Mandarin Oranges	OATMEAL Cantaloupe	English Muffin w/ jam Bananas	WG CHEERIOS Cantaloupe	WG MINI- WHEATS Apples
Baked Spaghetti (WG NOODLES) Corn Pineapple	Grilled Cheese Tomato Soup (WG BREAD) Grapes	Egg Salad Sandwich (WG BREAD) Pickles Oranges	Busy Day Stew Cornbread Apples	Chicken & Cheese Quesdilla (WG TORTILLAS) Refried Beans Honeydew
Cucumbers, tomatoes w/ ranch Milk	Carrots & Celery Hummus	Raisins Saltines	Oranges Oyster Crackers	Cheez-it's 100% Juice
28	29	30		
WG CHEERIOS Cantaloupe	Bagels w/ cream cheese Applesauce	WG MINI-WHEATS Bananas		
Chicken Breast Rice Pilaf Broccoli Peaches	Mediterranean QUINOA Salad String Cheese Grapes	Sloppy Joes (WG BUN) French Fries Cantaloupe		
Oranges WHEAT THINS	Hard Boiled Eggs Ritz Crackers	Apples Milk		
Breakfast	Lunch	Snack		

WG=Whole Grain; **Bold**=WG and Capital Letters
 1%, Unflavored milk is served to children 2 & older
 Whole, unflavored milk is served to children 1 yr. olds
 Breakfast & lunch are always served with milk

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