

# YMCA Preschool September 2021 Food Menu



Monday	Tuesday	Wednesday	Thursday	Friday
6. No School- Labor Day	7. <b>Breakfast:</b> WG Cheerios, Craisins, FF Milk <b>Lunch:</b> WG 4 -Cheese Panini, Green Beans, Applesauce, FF Milk <b>Snack:</b> WG Pretzels, 100% Orange Tangerine Juice	8. <b>Breakfast:</b> WG Banana Mini Muffin, Fresh Apple, FF Milk <b>Lunch:</b> WG Chicken Alfredo Pasta, Fresh Banana, FF Milk <b>Snack:</b> WG Graham Crackers, 100% Blended Fruit Juice	9. <b>Breakfast:</b> WG Chicken Biscuit, Fresh Banana, Honey FF Milk <b>Lunch:</b> Hot Dog, WG Bun, Potato Rounds, Fresh Plum, Mustard, Ketchup, FF Milk <b>Snack:</b> WG Crackers, 100% Apple Juice	11. <b>Breakfast:</b> WG Cinnamon Toast Crunch, Fresh Apple, FF Milk <b>Lunch:</b> WG Chicken Nuggets, Baked Beans, Diced Pears, Honey Mustard, FF Milk <b>Snack:</b> WG Wild White Nacho Doritos, 100% Orange Tangerine Juice
13. <b>Breakfast:</b> WG Rice Chex, Craisins, FF Milk <b>Lunch:</b> WG Cheesy Penne Bake, Green Beans, Mixed Fruit, FF Milk <b>Snack:</b> WG Mixed Berry Animal Crackers, 100% Orange Tangerine Juice	14. <b>Breakfast:</b> WG Beef Sausage Slider, Diced Peaches, Grape Jelly, FF Milk <b>Lunch:</b> Meatball Sub, WG Bun, Potato Wedges, Diced Pears, Ketchup, FF Milk <b>Snack:</b> WG Cheddar Goldfish Crackers, 100% Apple Juice	15. <b>Breakfast:</b> WG Blueberry Mini Muffin, Fresh Apple, FF Milk <b>Lunch:</b> BBQ Chicken, WG Hamburger Bun, Baked Beans, Pineapple Tidbits, FF Milk <b>Snack:</b> WG Tortilla Chips, 100% Blended Fruit Juice	16. <b>Breakfast:</b> WG French Toast Sticks, Fresh Banana, FF Milk <b>Lunch:</b> WG Crunchy Chicken Tenders, Potato Rounds, Sliced Apples, BBQ Sauce, Ketchup, FF Milk <b>Snack:</b> WG Ranch Spikerz Crackers, 100% Orange Tangerine Juice	17. <b>Breakfast:</b> Strawberry Yogurt, Fresh Apple, FF Milk <b>Lunch:</b> Cheeseburger, WG Bun, Corn, Fresh Banana, Mustard, Ketchup, FF Milk <b>Snack:</b> WG Cheddar Sun Chips, 100% Blended Fruit Juice
20. <b>Breakfast:</b> WG Cheerios, Craisins, FF Milk <b>Lunch:</b> WG Pizza Dippers, Marinara Dipping Sauce, Mixed Vegetables, Applesauce, FF Milk <b>Snack:</b> WG Fritos, 100% Blended Fruit Juice	21. <b>Breakfast:</b> WG Waffles, Mixed Fruit, Syrup, FF Milk <b>Lunch:</b> WG Spaghetti and Meatballs, Broccoli, Diced Pears, FF Milk <b>Snack:</b> WG Multi Grain Sun Chips, 100% Orange Tangerine Juice	22. <b>Breakfast:</b> WG Cinnamon Toast Crunch, Fresh Apple, FF Milk <b>Lunch:</b> BBQ Chicken Tator Tot-chos, WG Torilla Chips, Fresh Banana, FF Milk <b>Snack:</b> WG Graham Crackers, 100% Blended Juice	23. <b>Breakfast:</b> Egg and Cheese on WG English Muffin, Fresh Banana, Grape Jelly, FF Milk <b>Lunch:</b> "Taco" Joe, WG Bun, Baked Beans, Fresh Plum, FF Milk <b>Snack:</b> WG Wild White Doritos, 100% Apple Juice	24. <b>Breakfast:</b> WG Blueberry Muffin, Fresh Apple, FF Milk <b>Lunch:</b> WG Pancakes and Sausage, Potato Rounds, Diced Peaches, Syrup Ketchup, FF Milk <b>Snack:</b> WG Crispy Granola Bites, 100% Tangerine Orange Juice
27. <b>Breakfast:</b> WG Cinnamon Toast Crunch, Craisins, FF Milk <b>Lunch:</b> WG Cheese Pizza, Corn, Pineapple Tidbits, FF Milk <b>Snack:</b> WG Graham Crackers, 100% Orange Tangerine Juice	28. <b>Breakfast:</b> Cheesy Egg Tater Tot-chos, Diced Pears, FF Milk <b>Lunch:</b> Meatloaf with Tomato Sauce, WG Bun, Mixed Fruit Cup, FF Milk <b>Snack:</b> WG Crackers, 100% Apple Juice	29. <b>Breakfast:</b> WG Banana Mini Muffin, Fresh Apple, FF Milk <b>Lunch:</b> WG Nashville Hot Popcorn Chicken, WG sliced Bread, French Fries, Diced Peaches, Ketchup, FF Milk <b>Snack:</b> WG Pretzels, 100% Blended Fruit Juice	30. <b>Breakfast:</b> WG pancakes, Fresh Banana, Syrup, FF <b>Lunch:</b> Hot Dog, WG Bun, Baked Beans, Sliced Apples, Mustard, Ketchup, FF Milk <b>Snack:</b> WG Cheddar Goldfish Crackers, 100% Orange Tangerine Juice	

*\*Menu subject to change\**