

September 2017 St Barnabas U-PK Breakfast

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
11 1/2 cup Cereal 4oz 100% Juice 4oz milk	12 1 Blueberry Square 4oz 100% Juice 4oz milk	13 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	14 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	15 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
18 1/2 cup Cereal 4oz 100% Juice 4oz milk	19 1 Blueberry Square 4oz 100% Juice 4oz milk	20 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	21 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	22 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk
25 1/2 cup Cereal 4oz 100% Juice 4oz milk	26 1 Blueberry Square 4oz 100% Juice 4oz milk	27 1/2 Whole Grain Bagel Butter or Cream Cheese 4oz 100% Juice 4oz milk	28 Whole Grain Crackers Cheese Stick 4oz 100% Juice 4oz milk	29 4 oz Low Fat Yogurt 1/2 slice Whole Grain Bread 4oz 100% Juice 4oz milk

September 2017 St Barnabas U-PK Lunch

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8 Pizza Slice: 1 1/2 oz Cheese 1/8 cup Pizza Sauce 2 Oatmeal Cookies 1/2 cup Fruit and Milk
11 2oz Chicken Nuggets 3/4 cup Spinach 2 oz Brown Rice 1/2 cup fruit and milk	12 2oz Grilled Cheese 3/4 cup Mixed Vegetables 2oz Beans 1/2 cup fruit and milk	13 2oz Chicken Tenders 3/4 cup Broccoli 2 oz Yams 1/2 cup fruit and milk	14 2oz Hamburger 3/4 cup Green Beans 2oz Mashed Potatoes 1/2 cup fruit and milk	15 Pizza Slice: 1 1/2 oz Cheese 1/8 cup Pizza Sauce 2 Oatmeal Cookies 1/2 cup Fruit and Milk
18 2oz Chicken Nuggets 3/4 cup Green Beans 2 oz Pasta with Butter 1/2 cup fruit and milk	19 2 oz Meatballs 3/4 cup Carrots 2 oz Pasta 1/2 cup fruit and milk	20 2oz Fish Sticks 3/4 cup Broccoli 2oz Pasta with Butter 1/2 cup Fruit and Milk	21 2 oz Chicken Tenders 3/4 cup Peas and Carrots 2 oz Mashed Potatoes 1/2 cup fruit and milk	22 Pizza Slice: 1 1/2 oz Cheese 1/8 cup Pizza Sauce 2 Oatmeal Cookies 1/2 cup Fruit and Milk
25 2oz Chicken Nuggets 3/4 cup Cauliflower 2 oz Beans 1/2 cup fruit and milk	26 2 oz Meatballs 3/4 cup Broccoli 2 oz Pasta 1/2 cup fruit and milk	27 2oz Grilled Cheese 3/4 cup Green Beans 2oz Baked Fruit 1/2 cup milk	28 2oz Fish Sticks 3/4 cup Carrots 2oz Mashed Potatoes 1/2 cup Fruit and Milk	29 Pizza Slice: 1 1/2 oz Cheese 1/8 cup Pizza Sauce 2 Oatmeal Cookies 1/2 cup Fruit and Milk