

SEPTEMBER 2021

Preston Hollow UMC Child Development Center

Monday

Tuesday

Wednesday

Thursday

Friday

School Closed

6

Breakfast Snack: Nutra Grain bars

Lunch: Pimento cheese on whole wheat bread, veggie chips, pears

Afternoon Snack: Cinnamon graham crackers

7

Breakfast Snack: Biscuit w/honey

Lunch: Turkey stir fry w/brown rice, garden salad, pineapple

Afternoon Snack: Goldfish crackers w/raisins

8

Breakfast Snack: Yoplait yogurt w/fruit

Lunch: Tomato soup w/grilled cheese sandwich, spinach salad, fruit cocktail

Afternoon Snack: Nutri Grain bar bars

9

Breakfast Snack: Honey Oats cereal

Lunch: Tuna cheese casserole, wheat rolls, applesauce

Afternoon Snack: Trail Mix

10

Breakfast Snack: BelVita breakfast bars

Lunch: 3 bean soup w/cornbread, garden salad, fruit cocktail cups

Afternoon Snack: Wheat thins w/string cheese

13

Breakfast Snack: Nutri Grain bars

Lunch: Turkey tacos w/mild salsa, applesauce

Afternoon Snack: Guacamole w/baked tortilla chips

14

Breakfast Snack: Biscuit w/jelly

Lunch: Mini turkey burgers, veggie chips, mandarin oranges

Afternoon Snack: Fig Newtons w/fruit

15

Breakfast Snack: Yoplait yogurt w/fruit

Lunch: Macaroni & cheese, green beans, fruit cocktail

Afternoon Snack: Trail Mix

16

Breakfast Snack: Cinnamon crunch cereal

Lunch: Fish & Baked Chips, garden salad, pineapple

Afternoon Snack: Pudding cups

17

Breakfast Snack: BelVita breakfast bars

Lunch: Black bean & cheese enchiladas, spinach salad, peaches

Afternoon Snack: Fresh fruit w/yogurt

20

Breakfast Snack: Nutri Grain bars

Lunch: Turkey spaghetti & sauce, garden salad, applesauce

Afternoon Snack: Goldfish crackers w/raisins

21

Breakfast Snack: Biscuit w/cream cheese

Lunch: Turkey & Swiss cheese on wheat rolls, veggie chips, fruit cocktail

Afternoon Snack: Nilla Wafers

22

Breakfast Snack: Yoplait yogurt w/fruit

Lunch: Chicken noodle soup w/whole wheat crackers, peas, bananas

Afternoon Snack: Pita chips w/no nut butter

23

Breakfast Snack: Fruit O's cereal

Lunch: Tuna salad sandwich w/broccoli slaw, mandarin oranges

Afternoon Snack: Yogurt smoothie

24

Breakfast Snack: BelVita breakfast bars

Lunch: Cheese & veggie lasagna, garden salad, peaches

Afternoon Snack: Hard-boiled egg w/crackers

27

Breakfast Snack: Nutri Grain bars

Lunch: Turkey meatloaf, spinach salad, applesauce

Afternoon Snack: Fig Newtons

28

Breakfast Snack: Cinnamon biscuit

Lunch: Broccoli cheese soup w/crackers, fruit cocktail

Afternoon Snack: Cinnamon graham crackers

29

Breakfast snack: Yoplait yogurt w/fruit

Lunch: Turkey stroganoff w/whole wheat pasta, peas, pears

Afternoon Snack: Trail Mix

30

