

What's Cooking in the Kitchen:

For the Week of: September 19—23, 2022

MONDAY

- BREAKFAST: Malt-O-Meal w/Brown Sugar **ON THE SIDE**, **RED** Apple Slices, Milk
- AM SNACK: Juice Break
- LUNCH: **SUPER** Cheesy Quesadillas, **ORGANIC** Squash Spears, Orange Sections, Milk
- PM SNACK: **WARM** Naan Sections, Multi-Colored Bell Pepper Slices, **PLAIN** Hummus, Water

TUESDAY

- BREAKFAST: **ORGANIC** Blueberry Pancakes, Pure **ORGANIC** Maple Syrup, Sausage Patties, Applesauce, Milk
- AM SNACK: Juice Break
- LUNCH: Tomato Soup w/Pasta, Milton's Multi-Grain Crackers, Tuscan Melon, Milk
- PM SNACK: Wheat Thins, String Cheese, Cucumber Spears, Water

WEDNESDAY

- BREAKFAST: Special K w/Red Berries Cereal, Bananas, Milk
- AM SNACK: Juice Break
- LUNCH: Pasta Salad (**ORGANIC** Pasta, Black Olive Slices, Kidney Beans-DRAINED AND RINSED-Mixed w/Olive Oil, Balsamic Vinegar & Italian Herbs), **ORGANIC** Carrots (**Infants—Older Toddlers: Cooked Carrots**), Kiwi, Milk
- PM SNACK: Vanilla Yogurt, **ORGANIC** FRESH Mango Slices, Graham Crackers, Water

THURSDAY

- BREAKFAST: **ORGANIC** Scrambled Eggs w/Cheese, Crisp Bacon, Pineapple Chunks, Milk
- AM SNACK: Juice Break
- LUNCH: Chicken Nuggets, French Fries, **ORGANIC** Ketchup, Watermelon, Milk
- PM SNACK: Pepperoni, Ritz Crackers, Fresh Pear Slices, Water

FRIDAY

- BREAKFAST: **Griddled** Raisin Bread w/Hint of Margarine, Freshly Whipped Cream Cheese, Turkey Sausage Links, Cuties, Milk
- AM SNACK: Juice Break
- LUNCH: Grilled Ham & Cheese Sandwiches on **WW**, Par Boiled Broccoli, Ranch Dressing to Dip, Fruit Salad, Milk
- PM SNACK: Vegetable Spring Rolls, Edamame, Water