



September 2019 BREAKFAST AND LUNCH MENU

Early Learning Centers 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day	3 Yogurt w/ Granola	4 Sausage & Cheese English Muffin	5 Chicken Biscuit	6 Sausage & Cheese Kolache
6	7 Soft Tacos Pinto Beans Fresh Apple Slices	8 Pizza Rolls Whole Kernel Corn Fresh Mixed Fruit	9 Turkey Hot Dog Mixed Vegetables Fresh Pineapple Chunks	10 Lunch from Home
9 Cereal	10 French Toast	11 Sausage & Cheese Biscuit	12 Ham & Cheese Croissant	13 Sausage & Cheese Kolache
11 Cheeseburger Black Beans Sliced Peaches	12 Fish Sticks Whole Kernel Corn Mandarin Oranges	13 Macaroni & Cheese Seasoned Green Beans Fresh Grapes	14 Orange Chicken & Lo Mein Mixed Vegetables Fresh Mixed Fruit	15 Lunch from Home
16 Yogurt w/ Granola	17 Mini Pancakes	18 Sausage & Cheese Biscuit	19 Chicken Biscuit	20 Sausage & Cheese Kolache
16 Cheese Enchiladas Seasoned Pinto Beans Sliced Peaches	17 Chicken Chunks Whole Kernel Corn Fresh Apple Slices	18 Grilled Cheese Croissant Seasoned Green Beans Mandarin Oranges	19 Chicken Teriyaki & Stir Fried Rice Steamed Broccoli Green & Red Grapes	20 Lunch from Home
23 Cereal	24 French Toast	25 Sausage & Cheese Biscuit	26 Ham & Cheese Croissant	27 Sausage & Cheese Kolache
1 Soft Tacos Seasoned Pinto Beans Sliced Peaches	2 Fish Sticks Whole Kernel Corn Orange Smiles	3 Cheeseburger Mixed Vegetables Fresh Berries	4 Spaghetti & Meatballs Steamed Broccoli Fresh Pineapple Wheat Roll	5 Lunch from Home
30 Yogurt w/ Granola				
6 Cheese Stuffed Breadsticks Seasoned Green Beans Sliced Peaches				

Breakfast includes:

- Hot Entree
- Fruit (juice on Mondays)
- Cold Milk

Lunch includes:

- Hot Entree
- Vegetable
- Fruit
- Cold Milk



Watermelon

Watermelon is made up of mostly water.

The red color in watermelon comes from lycopene, which is also present in tomatoes.

Watermelon is a cool and healthy treat on a hot summer day.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html) (PDF), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program_intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities and you wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.