


## PPLC September 2022 Breakfast Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	29 Cereal Fruit Milk	30 Yogurt Fruit Milk	31 Cereal Fruit Milk	<u>September-1</u> Cereal Bar Fruit Milk	2 Muffin Fruit Milk	3
4	5- 	6 Biscuit Fruit Milk	7 Cereal Fruit Milk	8 Waffle Fruit Milk	9 English Muffin Fruit Milk	10
11	12 Cereal Fruit Milk	13 French Toast Sticks Fruit Milk	14 Cereal Fruit Milk	15 Yogurt Fruit Milk	16 Cereal Bar Fruit Milk	17
18	19 Cereal Fruit Milk	20 Muffin Fruit Milk	21 Cereal Fruit Milk	22 Pancake Fruit Milk	23 Toast Fruit Milk	24
25	26 Cereal Fruit Milk	27 Bagel Fruit Milk	28 Cereal Fruit Milk	29 English Muffin Fruit Milk	30 Cereal Bar Fruit Milk	

- ❖ Each meal and snack as planned on this menu meets the nutritional requirements according to USDA Child Care Food Program guidelines.
- ❖ Menu subject to change based on availability.
- ❖ Only 1 % milk is served to children ages 2 and above
- ❖ Sugar sweetened beverages are not served.

## PPLC September 2022 Lunch Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Corn Dogs Corn Pears Milk	2 BBQ Sandwich Coleslaw Mixed Fruit Milk	3
4	5- 	6 Chicken Nuggets Peas Pears Milk	7 Mac N Cheese Green Beans Pineapple Milk	8 Sloppy Joes French Fries Peaches Milk	9 Mozzarella Sticks Salad Applesauce Milk	10
11	12 Beef Taco Corn Mandarin Oranges Milk	13 Sausage & Peppers Baked Beans Pears Milk	14 Popcorn Chicken Okra Peaches Milk	15 Ham/Cheese Wrap Veggie Pasta Salad Applesauce Milk	16 Calzone Salad Applesauce Milk	17
18	19 BBQ Sandwich Coleslaw Pineapple Milk	20 Chicken Caesar Salad w/ Breadstick Mandarin Oranges Milk	21 Chicken Sandwich Tater Tots Pears Milk	22 Grilled Cheese Green Beans Peaches Milk	23 Pizza Corn Applesauce Milk	24
25	26 Salisbury Steak Mashed Potatoes Apples Milk	27 Chicken Nuggets Veggie Fried Rice Pineapple Milk	28 Fish Sticks French Fries Peaches Milk	29 Mac N Cheese Peas Pears Milk	30 Cheeseburger Salad Applesauce Milk	

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## PPLC September 2022 Snack Menu

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	29 Crackers Cheese	30 Applesauce Animal Crackers	31 Cheez-its Pretzels	September-1 Mandarin Oranges Pretzels	2 Granola Bar Yogurt	3
4	5- 	6 Mini Muffin Banana	7 Cheese Cubes Pretzels	8 Carrots Goldfish	9 Mixed Fruit Graham Crackers	10
11	12 Applesauce Animal Crackers	13 Yogurt Cereal	14 Crackers Carrots	15 Cheez-its Cucumbers	16 Cheesestick Pretzels	17
18	19 Pears Goldfish	20 Cheese Crackers	21 Mini Muffin Banana	22 Graham Crackers Mixed Fruit	23 Mandarin Oranges Vanilla Wafers	24
25	26 Cheez-its Carrots	27 Cereal Bar Yogurt	28 Pudding Vanilla Wafers	29 Granola Bar Peaches	30 Apples Cheese Cubes	

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