



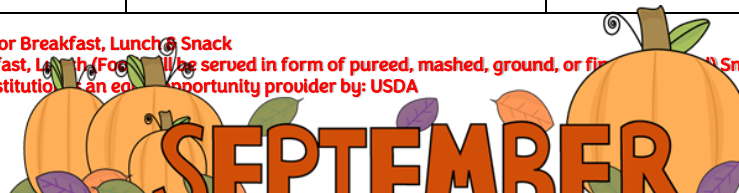


SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch WG Grilled Cheese Sandwiches, Corn, Honey Dew & Milk</p> <p>Snack Nilla Wafers & Bananas</p>	<p>2</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch WG Grilled Cheese Sandwiches, Corn, Honey Dew & Milk</p> <p>Snack Nilla Wafers & Bananas</p>	<p>3</p> <p>Breakfast Seasonal Muffins, Watermelon & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk</p> <p>Snack WG Strawberry Wafer Bar & Orange</p>	<p>4</p> <p>Breakfast WG Bagel, Honey Dew & Milk</p> <p>Lunch Mac & Cheese, Broccoli, Pears, Broccoli & Milk</p> <p>Snack Rice Krispie & Cantaloupe</p>	<p>5</p> <p>Breakfast WG Pancakes, Cuties & Milk</p> <p>Lunch WG Rice, Beans, Apples, Tomato & Milk</p> <p>Snack String Cheese & Saltine crackers</p>
<p>8</p> <p>Breakfast WG Cereal, Pears & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk</p> <p>Snack Gogo Squeeze Yogurt & Oranges</p>	<p>9</p> <p>Breakfast WG Oatmeal, Strawberries & Milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & Milk</p> <p>Snack String Cheese & Watermelon</p>	<p>10</p> <p>Breakfast Seasonal Muffins, Pineapple & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk</p> <p>Snack Gram Crackers & Grapes</p>	<p>11</p> <p>Breakfast WG Toast with Jelly, Banana & Milk</p> <p>Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk</p> <p>Snack Cheez-it & Apple Sauce</p>	<p>12</p> <p>Breakfast Butter Croissant, Orange & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Apples & Milk</p> <p>Snack Ritz crackers Bar & Honey Dew</p>
<p>15</p> <p>Breakfast WG Cereal, Banana & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk</p> <p>Snack Goldfish crackers & Golden Melon</p>	<p>16</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch WG Grilled Cheese Sandwiches, Corn, Ritz Crackers, Honey Dew & Milk</p> <p>Snack Nilla Wafers & Bananas</p>	<p>17</p> <p>Breakfast Seasonal Muffins, Watermelon & Milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk</p> <p>Snack WG Strawberry Wafer Bar & Orange</p>	<p>18</p> <p>Breakfast WG Bagel, Honey Dew & Milk</p> <p>Lunch Mac & Cheese, Broccoli, Pears, Broccoli & Milk</p> <p>Snack Rice Krispie & Cantaloupe</p>	<p>19</p> <p>Breakfast WG Pancakes, Cuties & Milk</p> <p>Lunch WG Rice, Beans, Apples, Tomato & Milk</p> <p>Snack String Cheese & Saltine crackers</p>
<p>22</p> <p>Breakfast WG Cereal, Pears & Milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk</p> <p>Snack Gogo Squeeze Yogurt & Oranges</p>	<p>23</p> <p>Breakfast WG Oatmeal, Strawberries & Milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & Milk</p> <p>Snack String Cheese & Watermelon</p>	<p>24</p> <p>Breakfast Seasonal Muffins, Pineapple & Milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk</p> <p>Snack Gram Crackers & Grapes</p>	<p>25</p> <p>Breakfast WG Toast with Jelly, Banana & Milk</p> <p>Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk</p> <p>Snack Cheez-it & Apple Sauce</p>	<p>26</p> <p>Breakfast Butter Croissant, Orange & Milk</p> <p>Lunch WG Chicken Nuggets, Broccoli, Apples & Milk</p> <p>Snack Ritz crackers & Honey Dew</p>
<p>29</p> <p>Breakfast WG Cereal, Banana & Milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk</p> <p>Snack Goldfish crackers & Golden Melon</p>	<p>30</p> <p>Breakfast Waffles, Cuties & Milk</p> <p>Lunch WG Grilled Sandwiches, Corn, Ritz Crackers, Honey Dew & Milk</p> <p>Snack Nilla Wafers & Bananas</p>			





Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack

Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack (Food will be served in form of pureed, mashed, ground, or fine) Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk This institution has an equal opportunity provider by: USDA



Infants from 6 weeks - 5 months drink
Breast milk or Formula Only

Infants from 6 months to 11 months drink
Breast milk or formula and purees

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>2</p> <p>Breakfast Waffles, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk</p> <p>Snack Lil Crunchies, Bananas & formula or breast milk</p>	<p>3</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk</p> <p>Snack Bread, Orange & formula or breast milk</p>	<p>4</p> <p>Breakfast WG Bagel, Honey Dew & formula or breast milk</p> <p>Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk</p> <p>Snack Yogurt melts, Cantaloupe & formula or breast milk</p>	<p>5</p> <p>Breakfast WG Pancakes, Orange & formula or breast milk</p> <p>Lunch Beans with WG Brown Rice, Apples, & formula or breast milk</p> <p>Snack Teething Sticks, Honey dew & formula or breast milk</p>
<p>8</p> <p>Breakfast Infant Cereal, Strawberries & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk</p> <p>Snack Bread, Oranges & formula/breast milk</p>	<p>9</p> <p>Breakfast Cooked Oatmeal, Pears & formula or breast milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & formula or breast milk</p> <p>Snack Yogurt melts, Watermelon & formula/breast milk</p>	<p>10</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk</p> <p>Snack Teething Sticks, Orange & formula/breast milk</p>	<p>11</p> <p>Breakfast WG Toast with Jelly, Banana & formula/breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Orange, & formula/breast milk</p> <p>Snack Whipped Melts, Apple Sauce & formula/breast milk</p>	<p>12</p> <p>Breakfast Butter Croissant, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Apple, Mix Vegetables & formula or breast milk</p> <p>Snack Teethers, Watermelon & formula or breast milk</p>
<p>15</p> <p>Breakfast Infant Cereal, Banana & formula/breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk</p> <p>Snack Strawberry Wafer, Golden Melon & formula/breast milk</p>	<p>16</p> <p>Breakfast Waffles, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk</p> <p>Snack Lil Crunchies, Bananas & formula or breast milk</p>	<p>17</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk</p> <p>Snack Bread, Orange & formula or breast milk</p>	<p>18</p> <p>Breakfast WG Bagel, Honey Dew & formula or breast milk</p> <p>Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk</p> <p>Snack Yogurt melts, Cantaloupe & formula or breast milk</p>	<p>19</p> <p>Breakfast WG Pancakes, Oranges & Formula/breast milk</p> <p>Lunch Beans with WG brown Rice, Apples & Formula/breast milk</p> <p>Snack Teething Sticks, Honey Dew& formula/breast milk</p>
<p>22</p> <p>Breakfast Infant Cereal, Strawberries & formula/breast milk</p> <p>Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk</p> <p>Snack Bread, Oranges & formula/breast milk</p>	<p>23</p> <p>Breakfast Cooked Oatmeal, Pears & formula or breast milk</p> <p>Lunch Cheese Quesadilla, Cauliflower, Apples & formula or breast milk</p> <p>Snack Yogurt melts, Watermelon & formula/breast milk</p>	<p>24</p> <p>Breakfast Seasonal Muffins, Watermelon & formula or breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk</p> <p>Snack Teething Sticks, Orange & formula/breast milk</p>	<p>25</p> <p>Breakfast WG Toast with Jelly, Banana & formula/breast milk</p> <p>Lunch Lentils with WG Brown Rice, Tomato, Orange, & formula/breast milk</p> <p>Snack Whipped Melts, Apple Sauce & formula/breast milk</p>	<p>26</p> <p>Breakfast Butter Croissant, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Apple, Mix Vegetables & formula or breast milk</p> <p>Snack Teethers, Watermelon & formula or breast milk</p>
<p>29</p> <p>Breakfast Infant Cereal, Banana & formula/breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk</p> <p>Snack Strawberry Wafers, Golden Melon & formula/breast milk</p>	<p>30</p> <p>Breakfast Waffles, Cuties & formula or breast milk</p> <p>Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk</p> <p>Snack Lil Crunchies, Bananas & formula or breast milk</p>			

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk ¹ or formula ²	6-8 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent infant cereal; ^{2,3} or 0-4 tablespoons: meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; ⁴ or a combination of the above; ⁵ and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breast milk ¹ or formula ²	2-4 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent bread; ^{3,7} or 0-¼ ounce equivalent crackers; ^{3,7} or 0-½ ounce equivalent infant cereal; ^{2,3} or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Information on crediting grain items may be found in FNS guidance.

⁴ Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁸ Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.