





St. Paul Early Learning Center September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>B-cinnamon raisin toast/milk L-chicken tenders/creamed potatoes/field peas/mix fruit/milk S1-rice Krispie treats/milk S2-graham crackers/water</p>
<p>4</p> <p>LABOR DAY</p> 	<p>5</p> <p>B-rice Krispie cereal/blueberries/milk L-chicken rice teriyaki/sweet peas carrots/diced pears/milk S1-string cheese crackers/apple juice S2-animal crackers/water</p>	<p>6</p> <p>B-biscuits/jelly/milk L-turkey/cheese on wheat/tator tots/pineapple/milk S1-smores snack mix*/water S2-vanilla wafers/water</p>	<p>7</p> <p>B-cheese toast/craisins*/milk L-bbq meatballs/rolls/baked beans/mandarin oranges/milk S1-vanilla yogurt/cheerios/water S2-goldfish/water</p>	<p>8</p> <p>B-waffles/strawberries/milk L-chicken cheese wraps/black beans/applesauce/milk S1-fig bar/milk S2-cheezits*/water</p>
<p>11</p> <p>B-cornflakes* raisins*/nutrigrain bar/milk L-creamy chicken and rice/mix veg./diced peaches/milk S1-cheese cubes/grape juice/crackers S2-graham crackers/water</p>	<p>12</p> <p>B-biscuits/jelly/milk L-turkey /cheese on wheat/tator tots/pineapple/milk S1-oatmeal cookies/milk S2-goldfish/water</p>	<p>13</p> <p>B-grits/toast/milk L-baked ham/sweet potatoes/rolls/diced pears/milk S1-snack mix/pineapple juice S2-animal crackers/water</p>	<p>14</p> <p>B-muffins/banana/milk L-beef-a-roni corn/pineapple/milk S1-strawberry yogurt/cheerios/water S2-rice Krispie treats/water</p>	<p>15</p> <p>B-pancakes/strawberries/milk L-roast beef/cheese on wheat/green beans/applesauce/milk S1-vanilla wafers/pudding/water S2-cheezits*/water</p>
<p>18</p> <p>B-rice Krispie cereal/blueberries/milk L-red beans/rice/cornbread/tropical fruit/milk S1-string cheese/crackers/grape juice S2-graham crackers/water</p>	<p>19</p> <p>B-cinnamon raisin toast/milk L-baked chicken/rolls/pinto beans/diced pears/milk S1-fig bar/milk S2-goldfish/water</p>	<p>20</p> <p>B-oatmeal/milk L-turkey/cheese wraps/tator tots/pineapple/milk S1-snack mix/water S2-animal crackers/water</p>	<p>21</p> <p>B-waffles/strawberries/milk L-roast/gravy/creamed potatoes/mix veg./mandarin oranges/milk S1-vanilla yogurt/cheerios/water S2-saltines/wow butter/water</p>	<p>22</p> <p>B-biscuits/ham/milk L-wow butter/jelly on wheat/green beans/diced peaches/milk S1-vanilla wafers/pudding/water S2-cheezits*/apple juice</p>
<p>25</p> <p>B-cornflakes*/raisins*/nutrigrain bar/milk L-bbq chicken/baked beans/rolls/diced pears/milk S1-rice Krispie treats/milk S2-goldfish/grape juice</p>	<p>26</p> <p>B-cheese toast/craisins/milk L-baked ham/rolls/field peas/applesauce/milk S1-cheese cubes/crackers/water S2-graham crackers/water</p>	<p>27</p> <p>B-pancakes/strawberries/milk L-chicken jambalaya/mix veg./pineapple/milk S1-smores snack mix*/milk S2-fig bar/water</p>	<p>28</p> <p>B-muffins/banana/milk L-mac-n-cheese/sweet peas and carrots/mandarin oranges/milk S1-strawberry/banana yogurt/cheerios/water S2-animal crackers/water</p>	<p>29</p> <p>B-biscuits/ham/milk L-grilled cheese/steamed broccoli/applesauce/milk S1-oatmeal cookies/milk S2-cheezits*/pineapple juice</p>

*denotes substitution for under two years old

B = Breakfast / L = Lunch / Snack 1 is at 2pm / Snack 2 is at 4pm (Milk at breakfast, Milk & Water at lunch, 100% Juice or water for Snack) *Fresh Fruit served when Available