

SEPTEMBER 2019

West Valley ELC



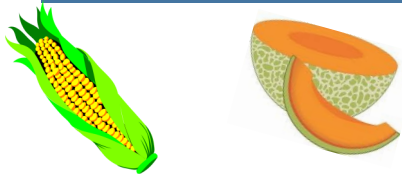
All meals come with 1 % white milk or whole milk for ages 2 and under.

Water always available.

Menu is subject to change without notice.

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome back!		5 Tuna Pocket Cucumbers Mandarin Oranges	6 Build Your Own Chicken Pasta Salad Apple Slices	7 Beef Taco Salad Corn Diced Peaches
10 WG Deli Pinwheels Baked Beans Diced Peaches	11 WG Crackers, Turkey, Cheese Carrots Seasonal Melon	12 WG Pepperoni Munchable Olives Broccoli Pineapple	13 Mini Corndogs Sweet Potato Puffs Diced Peaches	14 Flatbread and Hummus Hard Boiled Egg Carrots Banana
17 Beef Taco Salad Corn Diced Peaches	18 Build Your Own Chicken Pasta Salad Apple Slices	19 Garden Chicken Salad Goldfish Diced Peaches	20 Chicken Nuggets BBQ Sauce Celery Sticks Grapes	21 Deli Hoagie Cauliflower Seasonal Melon
24 WG Pepperoni Munchable Olives Broccoli Pineapple	25 WOWButter Jamwich Cheesestick Snap Peas Grapes	26 Mini Corndogs Sweet Potato Puffs Diced Peaches	27 Tuna Pocket Cucumbers Mandarin Oranges	28 WG Deli Pinwheels Baked Beans Diced Peaches



Harvest of the Month:

MELON

CORN ON THE COB

Cereal Choices:

- Rice Chex
- Multigrain Cheerios
- Rice Krispies
- Mini-Wheats



Whole Grain rich product

BREAKFAST				
Monday	Tuesday	Wednesday	Thursday	Friday
Whole grain cereal Hard Boiled Egg 1% White Milk Banana	Overnight Oats 1% White Milk Blueberries	WG Muffin 1% White Milk Banana	Cottage Cheese WG Bagel 1% White Milk Pineapple	Pancakes 1% White Milk Applesauce
SNACK				
Monday	Tuesday	Wednesday	Thursday	Friday
Ants on a Log (Celery, WOWButter and Craisins)	Yogurt WG Granola	Strawberry/Grape Fruit Skewers Cheesestick	Banana WG Cheeze-Its	WG Goldfish Cheesestick