

BREAKFAST

SEPTEMBER 2019

EARLY CHILDHOOD ACADEMY

Breakfast Fact

MyPlate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>



HEAVENLY EDIBLES & STUFF L.L.C.

❁ monday

LABOR DAY!
NO SCHOOL!

2

❁ tuesday

FRESH GRAPEFRUIT
(W/G) CEREAL BARS

3

❁ wednesday

FRESH PEARS
(W/G) BISCUITS
CHEESE
(Jelly)

4

❁ thursday

FRESH ORANGES
(W/G) BANANA
MUFFINS

5

❁ friday

FRESH BANANAS
(W/G) WAFFLES
(Syrup)

6

FRESH APPLES
(W/G) KIX
CEREAL

9

FRESH PLUMS
(W/G) GRANOLA
BARS

10

FRESH PEARS
(W/G) ENGLISH
MUFFINS
TURKEY BACON
(Jelly)

11

FRESH ORANGES
(W/G) APPLE
CINNAMON
MUFFINS

12

FRESH BANANAS
(W/G) PANCAKES
(Syrup)

13

FRESH APPLES
(W/G) RAISIN BRAN
CEREAL

16

FRESH GRAPE FRUIT
(W/G) NUTRI-GRAIN
BARS

17

FRESH PEARS
(W/G) BAGELS
TURKEY SAUSAGE
(Jelly)

18

FRESH ORANGES
(W/G) BLUEBERRY
MUFFINS

19

FRESH BANANAS
(W/G) FRENCH TOAST
(Syrup)

20

FRESH APPLES
(W/G) CHEERIOS
CEREAL

23

FRESH PLUMS
(W/G) BAGELS
(Cream Cheese)
YOGURT CUPS

24

FRESH PEARS
(W/G) BISCUITS
TURKEY HAM
(Jelly)

25

FRESH ORANGES
(W/G) BANANA
MUFFINS

26

FRESH BANANAS
(W/G) MAPLE WAFFLES
(Syrup)

27

FRESH APPLES
(W/G) CINNAMON TOAST
CRUNCH
CEREAL

30



8 oz.

1% WHITE

&

SKIM MILKS

SERVED W/ALL BREAKFAST

Weekly Nutrient Averages:

Grades: Pre - K - 5

Calories:

Sodium (Mg):

% Sat. Fat:

LUNCH

SEPTEMBER 2019

EARLY CHILDHOOD ACADEMY

✿ **monday**

**LABOR DAY!
NO SCHOOL!**

2

Chicken Nuggets
(W/G) Rolls
Sliced Carrots
Fresh Pears
(Dipping Sauce)

3

✿ **wednesday**

Chicken Alfredo
(W/G) Penne Pasta
Spinach / Onions
Fresh Oranges

4

✿ **thursday**

Turkey Sloppy Joes
(W/G) Buns
Split Peas / Corn
Fresh Bananas

5

✿ **friday**

Tuna Salad Sandwich
(W/G) Bread
Broccoli Soup
Fresh Seasonal Fruit
Fruit Cups

6

Baked Chicken / Gravy
(W/G) Rolls
Broccoli / Cauliflower
Fresh Apples

9

Cheese Pizza
(W/G) Pizza Crust
Corn / Red Peppers
Fresh Pears

10

Turkey Meat sauce
(W/G) Penne Pasta
Diced Carrots
Celery/ Onions/Tomato Sauce
Fresh Oranges

11

Chicken
Sandwich
(W/G) Buns
Chick Peas
Fresh Bananas (Mayo/Must)

12

Turkey / Cheese Sandwich
(W/G) Bread
Tomato & Onion Soup
Fresh Seasonal Fruit Cup
(Mayo / Mustard)

13

Baked Fried Chicken
(W/G) Biscuits
Mixed Vegetables
Fresh Apples

16

Fish Sticks
(W/G) Rolls
Mashed Potatoes
Fresh Pears
(Tartar Sauce)

17

Diced Chicken
(W/G) Brown Rice
Spinach /Celery/ Onions
Tomato/Sauce
Fresh Oranges

18

Turkey Chili Meat
(W/G) Crackers
Red Beans Diced Tomatoes
Fresh Bananas

19

Chicken Salad Sandwich
(W/G) Bread
Navy Bean Soup
Fresh Seasonal Fruit
Fruit Cups

20

Orange Chicken
(W/G) Brown rice
Peas / Cabbage
Fresh Apples

23

Turkey Hot Dogs
(W/G) Buns
Veg. Baked Beans
Fresh Pears
(Ketchup / Mustard)

24

Turkey Meat Loaf
(W/G) Rolls
Broccoli / Onions
Marinara Sauce
Fresh Oranges

25

Turkey Burgers / Cheese
(W/G) Buns
Diced Carrots
Bananas
(Mayo / Mustard)

26

Turkey Ham/Cheese Sand
(W/G) Bread
Potato Soup
Fresh Seasonal Fruit / Cups
(Mayo / Mustard)

27

BBQ Chicken
(W/G) Biscuits
Green Beans / Red Onions
Fresh Apples

30

!

8 oz
1% White
&
Skim Milks
Served w/all Lunches

Weekly Nutrient Averages:

Grades: Pre K - 5

Calories:

Sodium (Mg):

% Sat. Fat:

** Vegetarian Options Available

Lunch Fact

Only one in 10 American kids gets enough Vitamin D, and about four out of 10 kids get the recommended amount of calcium.

Reference: CDC; NCHS. 2007-08. Internet: <http://cdc.gov/nchs/nhanes>.

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