

September 2021
Asra's Family Childcare Center
Menu

Week 1		Monday 8/30	Tuesday 8/31	Wednesday 9/1	Thursday 9/2	Friday 9/3
	Breakfast			Cheerios Oranges	Corn Flakes Bananas	Cheerios Pears
	Lunch			Mac & Cheese Green beans Pears	Tuna Sub Beets Oranges	Grilled Cheese Corn Fruit Cocktail
	Snack			Ritz cracker	Animal Crackers	Goldfish
Week 2		Monday 9/6	Tuesday 9/7	Wednesday 9/8	Thursday 9/9	Friday 9/10
	Breakfast	Holiday	Corn Flakes Bananas	Cheerios Oranges	Corn Flakes Pears	Cheerios Grapes
	Lunch		Beef casserole Green beans Pear	Chicken Rice Corn Peaches	Egg Sandwich Peas Peaches	Grilled Cheese Olives Apple
	Snack		Pretzels	Animal crackers	Ritz crackers	Goldfish
Week 3		Monday 9/13	Tuesday 9/14	Wednesday 9/15	Thursday 9/16	Friday 9/17
	Breakfast	Corn Flakes Bananas	Cheerios Apples	Corn Flakes Pears	Cheerios Oranges	Corn Flakes Bananas
	Lunch	Tuna Sandwich Beets Pears	Rice & lentils Green Beans Grapes	Sloppy Joe Broccoli Oranges	Beef Quesadillas Corn Peaches	Beef Rice Casserole Olives Pineapple
	Snack	Pretzels	Animals crackers	Goldfish	Graham crackers	Oyster crackers
Week 4		Monday 9/20	Tuesday 9/21	Wednesday 9/22	Thursday 9/23	Friday 9/24
	Breakfast	Corn flakes Oranges	Cheerios Apples	Corn Flakes Pears	Cheerios Grapes	Corn Flakes Bananas
	Lunch	Chicken Rice Carrots Peaches	Egg Sandwich Peas Pineapple	Mac & Cheese Corn Fruit Cocktail	Beef Pita Beets Apples	Grilled Cheese Broccoli Pears
	Snack	Ritz crackers	Pretzels	Goldfish	Animal Crackers	Oyster Crackers
Week 5		Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	Friday
	Breakfast	Cheerios Apples	Corn Flakes Banana	Cheerios Oranges	Corn Flakes Pears	
	Lunch	Spaghetti Carrots Peaches	Rice & lentils Peas Apples	Beef Quesadillas Corn Peaches	Tuna Sandwich Green Beans Pineapple	
	Snack	Ritz cracker	Goldfish	Pretzels	Animal crackers	

APPLE JUICE IS SERVED WITH SNACK.
MILK IS SERVED WITH BREAKFAST AND LUNCH.
Menu subject to change without notice.