

SEPTEMBER 2019

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
All Programs Closed - Labor Day	<p>Breakfast Blueberry Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch BBQ chicken Pinwheels, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Tater tot hot dish w/veggies, Fruit, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>Breakfast Muffin Bars, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>Breakfast Apple French Toast Bake, Milk</p> <p>Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>
9	10	11	12	13
<p>Breakfast Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk</p> <p>Snack Homemade Cereal Bars, Milk</p>	<p>Breakfast Scrambled Eggs, WW English Muffins, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Lasagna Hot Dish w/Veggies & WW Pasta, Fruit, Milk</p> <p>Snack Homemade Shortcake w/Fruit, Milk</p>	<p>Breakfast Fresh Baked Scone, Fruit, Milk</p> <p>Lunch WW Pizza w/Cheese Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast Strawberry Oatmeal bake, Fruit, Milk</p> <p>Lunch WW Turkey & Cheese Pinwheels w/veggies, Fruit, Milk</p> <p>Snack Zucchini Bread w/Cinnamon Butter, Milk</p>
16	17	18	19	20
<p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Fruit, Cole Slaw, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>Breakfast Yogurt Parfait, w/ Fruit & Granola, Milk</p> <p>Lunch Stroganoff Over Noodles, Veggies, Fruit, Milk</p> <p>Snack Veggies & Hummus, Milk</p>	<p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch BBQ Chicken pinwheels, Veggie, Fruit, Milk</p> <p>Snack Banana pancakes w/Milk</p>	<p>Breakfast Fresh Baked Scone, Fruit, Milk</p> <p>Lunch Quesidillas w/turkey, Veggies, Fruit, Milk</p> <p>Snack String Cheese, Fruit, Water.</p>	<p>Breakfast Quiche, Fruit, Toast, Milk</p> <p>Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk</p> <p>Snack Chef's Choice, Milk</p>
23	24	25	26	27
<p>Breakfast Buckwheat Pancakes, Fruit, Milk</p> <p>Lunch WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast Scrambled Eggs, Toast, Fruit, Milk</p> <p>Lunch Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p>Snack Homemade Banana Ice Cream w/cocoa, Water</p>	<p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Milk</p>	<p>Breakfast Breakfast biscuits w/turkey & cheese, Fruit, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
30	OCT 1	2	3	4
<p>Breakfast Breakfast Parfait w/English muffins, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Homemade Banana Bread, Milk</p>	<p>Breakfast WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p>Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>Breakfast Sugar Free Cereal, Berries, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>Breakfast Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Chefs Choice</p>	<p>Breakfast Kale Fruit Smoothies, Whole Wheat Toast, Milk</p> <p>Lunch Chicken Alfredo w/Veggies, Fruit, Milk</p> <p>Snack Fresh Fruit, Graham Cracker Bars, Water</p>

