

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 - Taste-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
Breakfast Breakfast Parfait w/English muffins, Fruit, Milk 31 Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk Snack Sun Butter w/Apples and Veggies, Milk	Breakfast WW English Muffins, Scrambled Eggs, Fruit, Milk SEP 1 Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk Snack Yogurt, Granola, Water	Breakfast Sugar Free Cereal, Berries, Milk 2 Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk Snack Fruit & Cheese, Water	Breakfast Whole Wheat Pancakes, Fruit, Milk 3 Lunch Turkey Burger on WW Bun, Veggies, Fruit, Milk Snack Cottage Cheese, fruit, water	Breakfast Fruit Smoothies, Whole Wheat Toast, Milk 4 Lunch Chicken Alfredo w WW noodles, w/Veggies, Fruit, Milk Snack Graham Cracker Bars, Milk
All Programs Closed - Labor Day 7	Breakfast Apple French Toast Bake, Turkey Sausage, Milk 8 Lunch Baked Chicken, WW Pasta Salad, Squash, Fruit, Milk Snack String Cheese, Apples, Water	Breakfast Sugar Free Cereal, Fruit, Milk 9 Lunch WW Pizza w/Veggies & ground turkey, Fruit, Milk Snack Veggies W/Homemade Ranch Milk	Breakfast Breakfast biscuit w/egg & cheese, Fruit, Milk 10 Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk Snack Homemade Oatmeal Bars, Milk	Breakfast Quiche w/veggies, Roasted Potatoes, Fruit, Milk 11 Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk Snack Bananas, graham crackers, water
Breakfast Fruit Smoothie, WW Toast, Milk 14 Lunch WW Spaghetti & Meat Balls, Veggies, Fruit, Milk Snack Yogurt with Granola, Water	Breakfast Bagels, Cream Cheese, Fruit, Milk 15 Lunch BBQ chicken Quesidillas, Veggies, Fruit, Milk Snack Homemade Oatmeal Bars, Milk	Breakfast Sugar Free Cereal, Fruit, Milk 16 Lunch Tater tot hot dish w/veggies, Fruit, WW Bread, Milk Snack Chef's Choice, Milk	Breakfast Muffin Bars, Fruit, Milk 17 Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk Snack Cream Cheese & Crackers, Milk	Breakfast Apple French Toast Bake, Milk 18 Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk Snack Cottage Cheese, Fruit, Water
Breakfast Whole Wheat Pancakes, Fruit, Milk 21 Lunch Fresh Baked Chicken Salad Sand on WW bun, Veggies, Milk Snack Homemade Cereal Bars, Milk	Breakfast Scrambled Eggs, WW English Muffins, Fruit, Milk 22 Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk Snack Yogurt, Granola, Water	Breakfast Sugar Free Cereal, Fruit, Milk 23 Lunch Lasagna Hot Dish w/Veggies & WW pasta, Fruit, Milk Snack Homemade Shortcake w/Fruit, Milk	Breakfast Fresh Baked Muffins, Fruit, Milk 24 Lunch WW Pizza w/Cheese & turkey, Veggies, Fruit, Milk Snack Cottage Cheese, Fruit, Water	Breakfast Strawberry Oatmeal bake, Fruit, Milk 25 Lunch WW Turkey & Cheese quesidillas w/veggies, Fruit, Milk Snack Zucchini Bread w/Cinnamon Butter, Milk
Breakfast Apple French Toast Bake, Turkey Sausage, Milk 28 Lunch Sloppy Joes on WW Bun, Fruit, Cole Slaw, Milk Snack Yogurt, Fruit, Water	Breakfast Yogurt Partait, w/ Fruit & Granola, Milk 29 Lunch Stroganoff Over WW Noodles, Veggies, Fruit, Milk Snack Veggies & Ranch, Crackers, water	Breakfast Sugar Free Cereal, Fruit, Milk 30 Lunch BBQ Chickeen pinwheels, Veggie, Fruit, Milk Snack Banana pancakes w/Milk	Breakfast Fresh Baked Scone, Fruit, Milk OCT 1 Lunch Quesidillas w/turkey, Veggies, Fruit, Milk Snack String Cheese, Fruit, Water	Breakfast Quiche, Fruit, Toast, Milk 2 Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk Snack Chef's Choice, Milk

