

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
<p>30</p> <p>Breakfast Biscuits And Gravy, Fruit, Milk</p> <p>Lunch Sloppy Joes On Ww Bun, Sweet Oitati Fries, Milk</p> <p>Snack Yogurt, Fruit, Water</p>	<p>31</p> <p>Breakfast Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch Stroganoff Over Ww Noodles, Veggies, Fruit, Milk</p> <p>Snack Veggies w/Ranch, Cheese, Water</p>	<p>SEPT 1</p> <p>All Programs Closed - Family Tours</p>	<p>2</p> <p>Breakfast Fresh Baked Scone, Fruit, Milk</p> <p>Lunch Chicken Noodle Soup W/veggies, Roll, Fruit, Milk</p> <p>Snack String Cheese, Fruit, Water</p>	<p>3</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>
<p>6</p> <p>All Programs Closed - Labor Day</p>	<p>7</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, Crackers, Water</p>	<p>8</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>9</p> <p>Breakfast Yogurt Parfait, W/ Fruit & Granola, Milk</p> <p>Lunch Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p>Snack Cottage Cheese, Fruit, Water</p>	<p>10</p> <p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Apple Orchard Chicken W/ Ww Pasta Salad, Veg, Fruit, Milk</p> <p>Snack Fruit, Graham Cracker Bars, Water</p>
<p>13</p> <p>Breakfast 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>14</p> <p>Breakfast Breakfast Burritos, Fruit, Milk</p> <p>Lunch Chicken Alfredo, Veggies, Fruit And Milk</p> <p>Snack Yogurt, Granola, Water</p>	<p>15</p> <p>Breakfast Sugar Free Cereal, Berries, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>16</p> <p>Breakfast Whole Wheat Pancakes, Fruit, Milk</p> <p>Lunch Turkey Burger On Ww Bun, Sweet Potato Fries, Fruit, Milk</p> <p>Snack Applesauce Cranberry Crumb Cake, Milk</p>	<p>17</p> <p>Breakfast Scrambled Eggs, Ww English Muffins, Fruit, Milk</p> <p>Lunch Chicken Quesadillas, Veggies, Fruit, Milk</p> <p>Snack Graham Cracker Bars, Milk</p>
<p>20</p> <p>Breakfast Bagels W/cream Cheese, Fruit, Milk</p> <p>Lunch Sloppy Joes On Ww Bun, Veggies, Fruit, Milk</p> <p>Snack Chex Mix, Milk</p>	<p>21</p> <p>Breakfast Fruit Smoothie, Ww Toast, Milk</p> <p>Lunch Baked Chicken, Ww Pasta Salad, Squash, Fruit, Milk</p> <p>Snack String Cheese, Apples, Water</p>	<p>22</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Ww Pizza W/ground Turkey, Veggies, Fruit, milk</p> <p>Snack Veggies W/homemade Ranch, Milk</p>	<p>23</p> <p>Breakfast Breakfast Biscuit W/sausage & Cheese, Fruit, Milk</p> <p>Lunch Fresh Baked Chicken Salad Sand On Ww Bun, Veggies, Milk</p> <p>Snack Cereal Bars, Milk</p>	<p>24</p> <p>Breakfast Quiche W/veggies, Roasted Potatoes, Fruit, Milk</p> <p>Lunch All Natural Ww Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Crackers, Bananas, Water</p>
<p>27</p> <p>Breakfast Fruit Smoothie, Ww Toast, Milk</p> <p>Lunch Ww Spaghetti & Meat Balls, Veggies, Fruit, Milk</p> <p>Snack Yogurt With Fruit, water</p>	<p>28</p> <p>Breakfast Bagels, Cream Cheese, Fruit, Milk</p> <p>Lunch Bbq Chicken Quesadillas, Veggies, Fruit, Milk</p> <p>Snack Homemade Oatmeal Bars, Milk</p>	<p>29</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Tater Tot Hot Dish W/veggies, Fruit, Ww Bread, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>30</p> <p>Breakfast Breakfast Pizza W/breakfast Sausage, Fruit, Milk</p> <p>Lunch Grilled Cheese Sandwich On Ww Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Cream Cheese & Crackers, Milk</p>	<p>OCT 1</p> <p>Breakfast Apple French Toast Bake, Breakfast Sausage, Fruit, Milk</p> <p>Lunch Chicken Fried Rice W/veggies, Fruit, Milk</p> <p>Snack Homemade Ranch, Crackers, Water</p>

