

# All Saints Preschool & Child Care

# September 2020

Sunday		Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Breakfast	Week 3		Milk Sausage Applesauce Waffles	Milk Yogurt Pears	Milk Applesauce Sausage & Cheese Breakfast Sandwich WGR	Milk Peaches Toast WGR	
Lunch			Milk Fish Sticks WGR Tater Tots Mandarin Oranges	Milk Ham & Cheese Pita Carrots Banana	Milk GF Chicken Strips Mixed Vegetables Pears Macaroni Salad	Milk - "Cook's Choice": Write in:	
PM Snack			Banana Goldfish WGR	Apples Cheez-Its Crackers WGR	Raisins Snack Mix WGR	Banana Muffins	
6		7	8	9	10	11	12
Breakfast	Week 4	Milk Yogurt Pears	Milk Banana Cereal WGR	Milk Grapes Toast WGR	Milk Peaches Cereal WGR	Milk Oranges French Toast Sticks WGR	
Lunch		Milk Italian Mozzarella Dunkers Marinara Sauce Oranges	Milk Sausage Corn Mandarin Oranges French Toast WGR	Milk Macaroni & Cheese Cucumbers Applesauce	Milk Chicken Noodle Soup Green Beans Banana	Milk Pita Cheese Pizza Peas Mixed Fruit	
PM Snack		String Cheese Cheez-Its Crackers WGR	Yogurt Animal Crackers	Mixed Fruit Muffins	Apples Ritz Crackers	Turkey Slices Snack Mix WGR	
13		14	15	16	17	18	19
Breakfast	Week 1	Milk Peaches Cereal WGR	Milk Yogurt Banana	Milk Oranges Waffles	Milk Sausage Pears Toast WGR	Milk Peaches Oatmeal WGR	
Lunch		Milk Corn Dogs WGR Carrots Watermelon	Milk Sausage Beets Pears Pancakes	Milk Chicken Noodle Soup Peas Applesauce	Milk GF Chicken Strips Carrots Grapes Macaroni Salad	Milk Turkey Sloppy Joes WGR Sweet Potato Fries Grapes	
PM Snack		Apples Muffins	String Cheese Cheez-Its Crackers WGR	Cheese Slices Goldfish Crackers WGR	Banana Animal Crackers	Applesauce Goldfish Crackers WGR	
20		21	22	23	24	25	26
Breakfast	Week 2	Milk Mandarin Oranges Toast WGR	Milk Pears French Toast Sticks WGR	Milk Peaches Oatmeal Pancakes WGR	Milk Applesauce Oatmeal WGR	Milk Banana Waffles	
Lunch		Milk Italian Mozzarella Dunkers Marinara Sauce Spinach Grapes	Milk Cheese Quesadilla Mixed Vegetables Watermelon	Milk Turkey Tacos Black Beans Apples	Milk Macaroni & Cheese Peas Banana	Milk BBQ Chicken Green Beans Peaches Bun WGR	
PM Snack		Applesauce Goldfish WGR	Yogurt Oranges	Turkey Slices Cheez-Its Crackers WGR	Grapes Ritz Crackers	Mixed Fruit Cheez-Its Crackers WGR	
27		28	29	30			
Breakfast	Week 3	Milk Yogurt Peaches Muffins	Milk Sausage Applesauce Waffles	Milk Yogurt Pears			
Lunch		Milk Grilled Cheese Sandwich WGR Tomato Soup Mandarin Oranges	Milk Fish Sticks WGR Tater Tots Mandarin Oranges	Milk Ham & Cheese Pita Carrots Banana			
PM Snack		Yogurt Mixed Fruit	Banana Goldfish WGR	Apples Cheez-Its Crackers WGR			

Milk is unflavored whole milk for 1-year-olds, unflavored low-fat (1%) or unflavored fat-free (skim) for children 2- through 5-years-old, or unflavored low-fat (1%), unflavored fat-free (skim) or flavored fat-free (skim) milk for children 6-years-old and older | WGR = whole grain-rich | Check portion guide for serving sizes | Cereal WGR includes Cheerios WGR, Corn Chex WGR, and Kix WGR

Write menu substitutions on this sheet. Initial & date below and email to: [adeline@partnersinqualitycare.org](mailto:adeline@partnersinqualitycare.org), fax to 651-294-1010, or mail to 1035 W 7th St, St Paul, MN 55102

I certify (promise) that this menu lists the foods actually served. Changes to the menu are written on this form.  
If no substitutions are written, then the menu was followed as planned.

Staff Initials & Date \_\_\_\_\_

**PARTNERS**  
in Quality Care