

**Sandhills Children's Center-Southern Pines Campus September 2020 Menu**  
**This Institution is an equal opportunity provider**

DATE	BREAKFAST	LUNCH	SNACKS
Tuesday September 1,2020	WHOLE WHEAT FRENCH TOAST W/ APPLE BUTTER PEARS WHOLE MILK/1%	VEGETABLE BEEF SOUP W/CARROTS & POTATOES,TOMATOES WHEAT BREAD BANANAS WHOLE MILK/ 1%	SALTINE CRACKERS W/ PIMENTO CHEESE SPREAD BANANAS
Wednesday September 2,2020	WHOLE GRAIN BLUEBERRY WAFFLE STICKS STRAWBERRY PUREE ORANGES WHOLE MILK/1%	BAKED SALISBURY STEAK W/ WH-WHEAT NOODLES IN GRAVY GREEN PEAS WHEAT BREAD DICED PEARS WHOLE MILK/ 1%	CUBED CHEDDAR CHEESE PEACHES
Thursday September 3,2020	WHOLE GRAIN CHEERIO CEREAL PEACHES WHOLE MILK/1%	HOMEMADE SLOPPY JOE SANDWICHES ON WH-WHEAT BUNS BAKED BEANS PEACHES WHOLE MILK/ 1%	WHOLE GRAIN GRAHAM CRACKERS PINEAPPLE TIDBITS
Friday September 4,2020	WH-WHEAT BISCUITS W/ BLUEBERRY SPREAD PEACHES WHOLE MILK/1%	TACOS W/ LETTUCE, CHEESE TOMATOES W/ TACO SAUCE & GROUND CHICKEN WHOLE CORN TORTILLA SCOOPS APPLES WHOLE MILK/ 1%	CHEESE CHEEZ-IT SNACK CRACKERS PEARS
Monday September 7,2020	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY	CLOSED FOR HOLIDAY
Tuesday September 8,2020	WHOLE GRAIN SPECIAL K-CEREAL APPLESauce WHOLE MILK/1%	HAM & CHEESE SANDWICHES ON WH-BREAD GREEN PEAS BANANAS WHOLE MILK/ 1%	WHOLE GRAIN GOLDFISH CHEESE CRACKERS ORANGES
Wednesday September 9,2020	CHEESE TOAST PEARS WHOLE MILK/1%	BAR-B QUE- CHICKEN SANDWICHES ON A WH-WHEAT BUNS SWEET CORN PICKLES PEACHES WHOLE MILK/ 1%	WHOLE GRAIN RITZ CRACKERS W/CARROT STICKS BANANAS
Thursday September 10,2020	HOMEMADE WHOLE WHEAT MINI BLUEBERRY MUFFINS- MANDARIN ORANGES WHOLE MILK/1%	GRILLED CHEESE ON WH-WH-BREAD CREAM OF CHICKEN SOUPGREEN PEAS PEARS WHOLE MILK/ 1%	WHOLE GRAIN CHEX CHEDDAR SNACK MIX RAISINS
Friday September 11,2020	WHOLE WHEAT FRENCH CINNAMON TOAST W/ APPLE BUTTER PINEAPPLE WHOLE MILK/1%	CHEESE PIZZA W/ EXTRA CHEESE WHOLE – WHEAT CRUST GREEN PEAS ORANGES WHOLE MILK/ 1%	WHOLE GRAIN BAKED SUN CHIPS APPLES
Monday September 14,2020	WHOLE GRAIN KIX CEREAL APPLES WHOLE MILK/1%	ALL WHITE MEAT CHICKEN NUGGETS BAKED BEANS WHOLE WHEAT BREAD APPLES WHOLE MILK/ 1%	CINNAMON MINI RICE CAKES APPLES
Tuesday September 15,2020	WHEAT PANCAKES W/APPLE BUTTER PEACHES WHOLE MILK/1%	TURKEY MEATLOAF W/ MASHED POTATOES GREEN BEANS WHEAT BREAD BANANAS WHOLE MILK/ 1%	MOZZERALLA CHEESE STICKS ORANGE SLICES
Wednesday September 16,2020	WHOLE WHEAT PLAIN BAGELS APPLE BUTTERSPREAD BANANAS WHOLE MILK/1%	HOMEMADE SLOPPY JOE SANDWICHES ON WH-WHEAT BUNS BAKED BEANS PEACHES WHOLE MILK/ 1%	WHOLE GRAIN CHEESE FILLED CRACKERS W/APPLES
Thursday September 17,2020	CINNAMON RAISIN BREAD APPLE JELLY PEARS WHOLE MILK/1%	WH-WHEAT BAKED RAVIOLI NOODLES W/ MEAT SAUCE W/ GROUND TURKEY GREEN PEAS GARLIC BREAD PEARS WHOLE MILK/ 1%	WHOLE GRAIN PLAIN CHEX SNACK MIX PEACHES
Friday September 18,2020	WH-WHEAT SWEET POTATO MUFFINS MANDARIN ORANGES WHOLE MILK/ 1%	HAMBURGERS PATTIES ON A WH-WHEAT BUN FRENCH FRIES PICKLES ORANGE SLICES WHOLE MILK/1%	WHOLE GRAIN GOLDFISH PRETZELS APPLES
Monday September 21,2020	WHOLE GRAIN RICE CHEX CEREAL APPLES WHOLE MILK/1%	FISH STICKS BAKED BEANS HUSH PUPPIES MANDARIN ORANGES WHOLE MILK/ 1%	WHOLE GRAIN CORN CHIPS ORANGES
Tuesday September 22,2020	WH-WHEAT BISCUITS W/BLUEBERRY CREAM CHEESE SPREAD PEARS WHOLE MILK/1%	CHICKEN W WILD RICE SOUP SLICED CARROTS WH-WHEAT BREAD PINEAPPLE TIDITS WHOLE MILK/ 1%	WHOLE GRAIN WHEAT VEGETABLE CRACKERS CUCUMBER SLICES
Wednesday September 23,2020	TURKEY SAUSAGE LINKS W/WHOLE WHEAT BISCUITS BANANAS WHOLE MILK/1%	THREE BEAN TURKEY CHILLI W/ CANNENLI BEANS & CARROTS WH-WHEAT CRACKERS PEARS WHOLE MILK/ 1%	WHOLE GRAIN CORN TORTILLA CHIP W/ GARDEN SALSA BANANAS
Thursday September 24,2020	WHOLE WHEAT BLUEBERRY BAGELS W/ BLUEBERRY SPREAD ORANGE SLICES WHOLE MILK/1%	TURKEY SANDWICHES ON WH - BREAD CREAM OF CHICKEN POTATO -SOUP BANANAS WHOLE MILK/ 1%	WHOLE GRAIN WHEAT VEGETABLE CRACKERS CUCUMBER SLICES
Friday September 25,2020	WHOLE GRAIN CORN CHEX CEREAL BANANAS WHOLE MILK/1%	TURKEY HOT DOGS ON A WHOLE WHEAT BUNS TATER TOTS PICKLES APPLES WHOLE MILK/ 1%	WHOLE GRAIN STRAWBERRY YOGURT FILLED CHEX SNACK MIX RAISINS
Monday September28,2020	WHOLE WHEAT CINNAMON RAISIN BAGELS APPLES WHOLE MILK/1%	HOMEMADE TURKEY SALAD CUCUMBER & CARROT SLICES RANCH DRESSING WH-WHEAT CRACKERS PEACHES WHOLE MILK/ 1%	TOWN HOUSE CRACKERS W/ SLICED CHEESE
Tuesday September 29,2020	WHOLE WHEAT BANANA BREAD PEACHES WHOLE MILK/1%	BROCCOLI W/CHEESE CREAMY POTATO & CORN SOUP WH-WHEAT CRACKERS MANDARIN ORANGES WHOLE MILK/ 1%	CHEESE FLAVORED MINI RICE CAKES APPLES
Wednesday September 30,2020	WHOLE WHEAT ROLLS W/ BACON SLICES PINEAPPLE TIDBITS WHOLE MILK/1%	BAKED MAC & CHEESE CASSEROLE W/DICED HAM& BROCCOLI WHEAT BREAD DICED PEARS WHOLE MILK/ 1%	WHOLE GRAIN WHEAT CLUB CRACKERS CUCUMBER SLICES

**Water is given throughout the day. Snacks are provided in the afternoon. Menus may vary depending on availability of food and are subject to change. Menus are modified to accommodate children with special diets. All milk provided from our center is unflavored milk**