



# Little Garden In-Home Child Care

## September 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CLOSED	milk watermelon broccoli rice stir fry	milk peaches corn tortillas taco meat	milk apples carrots sandwich turkey	milk bananas celery whole wheat bun turkey dogs
9	10	11	12	13
milk pineapple green beans baked potato shrimp	milk pears tomato soup grilled cheese ham	milk peaches broccoli sweet potatoes ham	milk watermelon potatoes whole wheat roll chicken breast	milk oranges cucumbers wh. Wheat bread pb & j
16	17	18	19	20
milk pineapple peas whole wheat bread turkey	milk pears potatoes whole wheat roll shrimp	milk peaches green beans macaroni sausage	milk mandarin oranges tomato soup grilled cheese ham	milk watermelon corn on cob sun chips grilled chicken
23	24	25	26	27
milk banana fries wheat bun hamburger	milk oranges salad wheat pizza turkey sausage	milk peaches peas quinoa shrimp	milk mandarin oranges potatoes whole wheat roll grilled chicken	milk apples green beans wheat pasta turkey dogs
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milk pineapple tomato soup grilled cheese ham				

### Afternoon Snack

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
carrots crackers water	celery peanut butter water	peppers tortilla chips water	cucumbers crackers water	avocado turkey water