

# SEPTEMBER 2020 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/31/2020 346 CINNAMON TOAST CRUNCH CEREAL 644 DOLE DICED PEARS CUP 100 WHITE MILK	9/1/2020 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	9/2/2020 338 WG FRENCH TOAST STICKS (individual package) 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/3/2020 349 CORN CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	9/4/2020 332 WG APPLE CINNAMON MUFFIN 646 DOLE DICED PEACHES CUP 100 WHITE MILK
9/7/2020   <b>Labor Day</b>	9/8/2020 335 WG BANANA MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	9/9/2020 343 RICE CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	9/10/2020 803 CHEESE OMELET (individual package) 904 1/2 SLICE WHEAT BREAD+++ 634 HASH BROWNS (individual package) 100 WHITE MILK	9/11/2020 366 WG BLUEBERRY SLICED BAGEL <b>or</b> 331 WG CORN MUFFIN 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK
9/14/2020 345 HONEY SCOOTERS CEREAL 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	9/15/2020 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK	9/16/2020 307 PILLSBURY WG CHERRY BAKED FRUDEL (individual package) 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/17/2020 339 WG CRANBERRY ORANGE MUFFIN 644 DOLE DICED PEARS CUP 100 WHITE MILK	9/18/2020 347 CINNAMON CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
9/21/2020 336 PILLSBURY STRAWBERRY SPLASH MINI WG PANCAKES (individual package) 646 DOLE DICED PEACHES CUP 100 WHITE MILK	9/22/2020 346 CINNAMON TOAST CRUNCH CEREAL 670 FRESH FRUIT 100 WHITE MILK	9/23/2020 367 WG CINNAMON RAISIN SLICED BAGEL <b>or</b> 332 WG APPLE CINNAMON MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	9/24/2020 342 CHEERIOS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/25/2020 330 WG BLUEBERRY MUFFIN 647 DOLE MANDARIN ORANGES CUP 100 WHITE MILK

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

**MENU SUBJECT TO CHANGE**

**WG = WHOLE GRAIN-RICH**

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

**REMINDER! Water must be OFFERED every day!**

**Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470**