


# SEPTEMBER 2023 CHILD CARE COLD LUNCH MENU

**Remember that at least one vegetable component MUST be served at every Lunch!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/4/2023	9/5/2023	9/6/2023	9/7/2023	9/8/2023
<b>Weekly Sandwich Alternate (must order all items in place of sandwich):</b> 543 RED PEPPER HUMMUS - 126 LAND O LAKES CO-JACK CHEESE STICK - 924 HARVEST CHEDDAR SUNCHIPS				
 <p><b>No Deliveries</b></p>	229 TURKEY HAM & CHEESE ON WG CROISSANT 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT or 697 BAGGED APPLE SLICES 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
9/11/2023	9/12/2023	9/13/2023	9/14/2023	9/15/2023
<b>Weekly Sandwich Alternate (must order all items in place of sandwich):</b> 138 BLUEBERRY YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 989 WG HONEY GRAHAM CRACKERS				
228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 611 BABY CARROTS SNACK PACK or 633 100% SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 608 DOLE TROPICAL FRUIT CUP or 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	274 TOASTED CHEESE WG SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023
<b>Weekly Sandwich Alternate (must order all items in place of sandwich):</b> 139 CHEDDAR CHEESE CUP - 130 SUNFLOWER KERNELS - 941 WG TOSTITOS SCOOPS				
229 TURKEY HAM & CHEESE ON WG CROISSANT 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 633 100% SUNSET SIP VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP or 697 BAGGED APPLE SLICES 100 WHITE MILK
9/25/2023	9/26/2023	9/27/2023	9/28/2023	9/29/2023
<b>Weekly Sandwich Alternate (must order all items in place of sandwich):</b> 133 STRAWBERRY BANANA YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 922 WG CINNAMON GRANOLA				
236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	274 TOASTED CHEESE WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

**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.

**CHOPPED ROMAINE SALAD:** CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

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

**WG = WHOLE GRAIN-RICH**

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