

SANDHILL CHILDREN'S CENTER-SOUTHERN PINES CAMPUS SEPTEMBER 2017 MENU

	BREAKFAST	LUNCH	SNACK
FRIDAY, SEPTEMBER 1	Cheese Toast made with Whole Wheat Bread, Sliced Peaches Milk	Tacos w/ Ground Chicken, Lettuce, Tomatoes, Cheese, Tortilla Scoops, Fresh Sliced Apples, Milk	Whole Grain Rich Bread Sticks w/ Marinara Dip, Fresh Sliced Apples
MONDAY, SEPTEMBER 4	CLOSED	CLOSED	CLOSED
TUESDAY, SEPTEMBER 5	Whole Wheat Cinnamon Raisin Bagels, Bananas Milk	Homemade Sloppy Joes on Whole Wheat Buns, Baked Beans, Bananas Milk	Goldfish Pretzels Bananas
WEDNESDAY, SEPTEMBER 6	Whole Grain Cheerio Cereal Bananas Milk	Ham and Cheese Sandwiches on Whole Wheat Bread, Green Peas, Fresh Sliced Oranges, Milk	Austin Whole Grain Cheese on Cheese Crackers, Bananas
THURSDAY, SEPTEMBER 7	Whole Wheat Cinnamon Raisin Bread w/ Homemade Strawberry Spread, Mandarin Oranges, Milk	Turkey Hot Dogs on Whole Wheat Buns Tater Tots, Pickles, Diced Pears Milk	Rice Chex Cereal Snack Mix Fresh Sliced Oranges
FRIDAY, SEPTEMBER 8	Whole Wheat Waffles w/ Blueberry Spread, Diced Pears Milk	Cheese Pizza on Whole Wheat Crust Green Beans, Fresh Sliced Apples Milk	Goldfish Cheese Crackers Fresh Sliced Apples
MONDAY, SEPTEMBER 11	Whole Grain Blueberry Waffle Sticks w/ Strawberry Puree, Applesauce Milk	Fish Sticks Baked Beans, Hush Puppies, Mandarin Oranges, Milk	Austin Sour Cream and Chive Crackers Bananas
TUESDAY, SEPTEMBER 12	Buttered Grits, Whole Wheat Bread Bananas Milk	Grilled Cheese on Whole Wheat Bread Mixed Veggies, Bananas Milk	Whole Grain Oyster Crackers Diced Peaches
WEDNESDAY, SEPTEMBER 13	Turkey Sausage Links, Whole Wheat Biscuits, Fresh Orange Slices Milk	Whole Wheat Spaghetti Noodles w/ Ground Turkey Meat Sauce, Green Peas, Diced Peaches, Garlic Bread, Milk	Whole Wheat Baked Veggie Sticks Pineapple Tidbits
THURSDAY, SEPTEMBER 14	Homemade Whole Wheat Pancakes w/ Homemade Fruit Topping, Pineapple, Milk	Turkey Salad Sandwiches on Whole Wheat Bread, Cheese Potatoes, Fresh Sliced Apples, Milk	Fresh Spinach Dip w/ Club Crackers Fresh Sliced Apples
FRIDAY, SEPTEMBER 15	Homemade Mini Whole Wheat Blueberry Muffins, Fresh Sliced Apples, Milk	Hamburgers on Whole Wheat Buns Baked French Fries, Fresh Sliced Oranges, Pickles, Milk	Town House Crackers Sliced Cheese Fresh Sliced Oranges
MONDAY, SEPTEMBER 18	Whole Grain Corn Kix Cereal Diced Peaches Milk	All White Meat Chicken Nuggets Peas and Carrots, Fresh Sliced Apples, Whole Wheat	Whole Grain Chow Mein Crunchy Noodles, Fresh Sliced Apples
TUESDAY, SEPTEMBER 19	Whole Wheat French Toast w/ Apple Butter, Fresh Sliced Oranges Milk	Turkey and Cheese Sandwiches on Whole Wheat Bread, Cream of Chicken and Potato Soup, Diced Peaches, Milk	Whole Grain Cheddar Chex Snack Mix Mandarin Oranges
WEDNESDAY, SEPTEMBER 20	Whole Wheat Biscuits w/ Blueberry Cream Cheese, Fresh Orange Slices Milk	Spaghetti made w/ Whole Wheat Noodles and Ground Turkey Meat Sauce, Steamed Spinach, Diced Pears, Whole Wheat Bread, Milk	Whole Wheat Crackers String Cheese Diced Pears
THURSDAY, SEPTEMBER 21	Whole Wheat Blueberry Bagels w/ Blueberry Spread, Fresh Sliced Apples, Milk	Chicken Alfredo made w/ Zucchini and Squash Pasta, Plums, Whole Wheat Bread, Milk	Whole Grain Strawberry Yogurt Filled Chex Snack Mix Fresh Sliced Oranges
FRIDAY, SEPTEMBER 22	Whole Wheat English Muffins w/ Ham and Cheese, Bananas Milk	BBQ Chicken Sandwiches on Whole Wheat Buns, Tater Tots, Sweet Pickles, Mandarin Oranges, Milk	Baked Green Bean Sticks w/ Ranch Dip, Wheat Crackers
MONDAY, SEPTEMBER 25	Whole Grain Rice Chex Cereal Fresh Sliced Apples Milk	Baked Mac and Cheese Casserole w/ Ham and Broccoli, Bananas, Whole Wheat Bread, Milk	Cheez it Snack Crackers Bananas
TUESDAY, SEPTEMBER 26	Whole Wheat Mixed Berry Loaf w/ Fresh Berries, Sliced Honeydew Milk	Three Bean Turkey Chili w/ Carrots, Wheat Crackers, Pineapples Milk	Whole Wheat , Wheat Thin Crackers Black Bean Hummus Fresh Sliced Apples
WEDNESDAY, SEPTEMBER 27	Whole Wheat Waffles w/ Blueberry Spread, Sliced Pears Milk	Veggie and Meat Tray w/ Turkey, Ham, Marinated Veggies, Fresh Sliced Oranges, Wheat Crackers, Milk	Whole Corn Tortilla Chips w/ Cheese Dip, Diced Peaches
THURSDAY, SEPTEMBER 28	Hash Browns w/ Turkey Sausage Patties, Fresh Orange Slices, Whole Wheat Bread, Milk	Homemade Chicken Noodle Soup w/ Carrots and Celery, Green Beans, Wheat Crackers, Bananas, Milk	Whole Wheat Baguettes w/ Marinara Dipping Sauce, Fresh Sliced Apples
FRIDAY, SEPTEMBER 29	Homemade Mini Strawberry Muffins Mixed Fruit Milk	Bacon Cheeseburger Pizza on Whole Wheat Crust, Green Beans, Fresh Orange Slices, Milk	Town House Crackers Carrots Sticks

Water is given throughout the day. Menus may vary depending on availability of food and are subject to be changed.