

Parish Day School September Menu 2022

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Early AM Snack		Cinnamon Chex Milk	Fruit and cereal bar Milk	Banana Milk	Cheerios Milk
AM Snack		Wheat crackers Cheese sticks	Ritz cracker Orange	Cheese crackers Oranges Rm 17,19 Kroger brand	Vanilla wafers Bananas
Lunch (with skim milk)		Tyson Chicken nuggets Wheat roll Corn Peaches	Chicken ranch wraps Green beans Mixed fruit	Macaroni and cheese Broccoli Pears	Ham and cheese on wheat bread Carrots Oranges
PM Snack		Graham crackers Apple juice Rm 17,19Kroger brand	Oyster cracker Banana Rm 17,19 Rice Chex	Wheat Saltine cracker Cheese	Ritz cracker Apple juice

Menu is subject to change due to availability. All changes will be posted on the afternoon care bulletin board.

All Highlighted items contain egg or may contain traces.

Blue highlighted items are on the menu and served in other rooms. An egg free substitute will be served to rooms 17 and 19

Yellow Highlighted items are served in rooms 17 and 19 and cannot be substituted.

Managers choice may consist of any snack on the menu. Rooms 17 and 19 will be served an egg free snack.

Parish Day School September Menu 2022

	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Early AM Snack	Cinnamon Chex Milk	Fruit and cereal bars Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Oyster crackers Apples Rm 17,19 Ritz cracker	Vanilla wafers Bananas	Banana bread Apples Rm 17,19 Fruit and cereal bar
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Mixed fruit	Chicken noodle soup Wheat roll Peas Pears	Cheese quesadillas Corn Peaches	Baked Chicken Butter parmesan noodles Broccoli Applesauce	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack	Graham crackers Apple juice Rm 17,19 Kroger brand	Animal crackers Banana Rm 17,19 Fig bar	Cheese crackers Apple juice Rm 17,19 Kroger brand	Wheat Saltine cracker Cheese	Managers choice Apple juice

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Parish Day School September Menu 2022

	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Early AM Snack	Cinnamon Chex Milk	Fruit and cereal bars Milk	Yogurt Granola	Cheerios Milk	Bananas Milk
AM Snack	Wheat saltines Cheese	Ritz crackers Oranges	Vanilla wafers Bananas	Cheese crackers Apples Rm 17,19 Kroger brand	Apple sauce Goldfish
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Mixed fruit	Grilled cheese on wheat bread Carrots Apples	Pancakes Eggs Hash browns Mandarin oranges Rm 17,19 Sausage links	Macaroni and cheese Broccoli Pears	Ham and cheese on wheat bread Cucumbers Oranges
PM Snack	Graham crackers Apple juice Rm 17,19 Kroger brand	Animal crackers Banana Rm 17,19 Fig bar	Wheat crackers Apple juice	Oyster crackers Cheese stick Rm 17,19 Rice Chex	Ritz cracker Apple juice

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Parish Day School September Menu 2022

	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Early AM Snack	Chex Milk	Fruit and cereal bars Milk	Cheerios Milk	Bananas Milk	Blueberry muffins Milk Served in Johnson rm
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Oranges	Graham crackers Bananas Rm 19,20 Kroger brand	Oyster crackers Apples Rm 19,20 Rice Chex	Veggie straws Yogurt
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Corn Peaches	Chicken Teriyaki Rice Broccoli Pineapple	Cheese quesadillas Corn Mixed fruit	Spaghetti with meat sauce Green beans Pears	Ham and cheese on wheat bread Cucumber Oranges
PM Snack	Graham crackers Apple juice Rm 19,20 Kroger brand	Animal crackers Banana Rm 19,20 Fig bar	Cheese crackers Apple juice Rm 19,20 Kroger brand	Wheat saltine Cheese	Managers choice Apple Juice

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