

Parish Day School September Menu 2023

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Early AM Snack		Cinnamon Chex Milk	Fruit and cereal bar Milk	Banana Milk	Cheerios Milk
AM Snack		Wheat crackers Cheese sticks	Vanilla wafers Bananas Rm's 20,13 Kroger brand	Ritz crackers Oranges	Cheese crackers Apples Rm's 20,13 Kroger brand
Lunch (with skim milk)	PDS closed Labor Day	Tyson Chicken nuggets Wheat roll Green beans Peaches	Beef tacos Corn and beans Pineapple	Macaroni and cheese Broccoli Pears	Ham and cheese on wheat bread Carrots Oranges
PM Snack		Graham crackers Banana Rm 20 Kroger brand	Oyster cracker Apple juice Rm 20 Saltine cracker	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 room 20 and 13.

Yellow Highlighted items are served in room 20 and cannot be substituted.

Managers choice may consist of any snack on the menu. Room 20 and 13 will be served an egg free snack.

Parish Day School September Menu 2023

	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Early AM Snack	Cinnamon Chex Milk	Fruit and cereal bars Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Ritz crackers Cheese sticks	Animal crackers Bananas Rm's 20,13 Kroger brand	Oyster crackers Apples Rm's 20,13 Saltine cracker	Wheat crackers Oranges	Banana bread Milk Rm's 20,13 Fruit and cereal bar
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Mixed fruit	Baked chicken Rice Broccoli Applesauce	Ham and cheese rollups Carrots Fruit	Beef and noodles Peas Peaches	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack	Graham crackers Apple juice Rm 20 Kroger brand	Cheese crackers Apple juice Rm 20 Kroger brand	Vanilla wafer Banana Rm 20 Fig bar	Wheat Saltine cracker Cheese	Managers choice Apple juice

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Parish Day School September Menu 2023

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Early AM Snack	Cinnamon Chex Milk	Fruit and cereal bars Milk	Yogurt Granola	Cheerios Milk	Bananas Milk
AM Snack	Wheat saltines Cheese	Ritz crackers Grapes	Vanilla wafers Bananas Rm's 20,13 Kroger brand	Pretzels Oranges	Goldfish Apples
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Pears	Grilled cheese on wheat bread Tomato soup Carrots Pineapple	Pancakes Eggs Hash browns Mandarin oranges Rm's 20 Sausage links	Macaroni and cheese Broccoli Mixed fruit	Ham and cheese on wheat bread Cucumbers Oranges
PM Snack	Graham crackers Apple juice Rm 20 Kroger brand	Animal crackers Banana Rm 20 Fig bar	Wheat crackers Apple juice	Oyster crackers Cheese stick Rm 20 Saltine cracker	Fig bar Apple juice

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Parish Day School September Menu 2023

	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Early AM Snack	Chex Milk	Fruit and cereal bars Milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk Served in Johnson rm
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Oranges	Oyster crackers Apples Rm's 20,13 Saltine cracker	Graham crackers Bananas Rm's 20,13 Kroger brand	Veggie straws Yogurt
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Chicken teriyaki Rice Broccoli Pineapple	Cheese quesadillas Corn Peaches	Baked ziti Salad Mixed fruit	Turkey and cheese on wheat bread Cucumber Oranges
PM Snack	Vanilla wafer Apple juice Rm 20 Kroger brand	Animal crackers Banana Rm 20 Fig bar	Cheese crackers Apple juice Rm 20 Kroger brand	Wheat saltine Cheese	Managers choice Apple Juice

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