

**TYSONS CORNER CHILDREN'S CENTER
MCLEAN**

SEPTEMBER 2019

BREAKFAST/PM SNACK

<u>September 02</u> LABOR DAY HOLIDAY	<u>September 03</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz	<u>September 04</u> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce Townhouse Crackers, 4ea	<u>September 05</u> AM: Vanilla Yogurt, 1/2c Homemade Granola, 1/4c Fresh Orange Wedges, 4pcs TT: Diced Mixed Melons PM: Fresh Baby Carrots, 1/2c Ranch Dip Whole Grain Cheese Goldfish, 1/3c TT: Pears in Juice	<u>September 06</u> AM: Zucchini Bread, 1sl Fresh Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice
<u>September 09</u> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Cheerios/Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c	<u>September 10</u> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz	<u>September 11</u> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Townhouse Crackers, 4ea Cheddar Cheese, 1sl	<u>September 12</u> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Monterey Jack Cheese, 1sl Fresh Fruit Salad TT: Townhouse Crackers, 4ea TT: Diced Mixed Melons TT: Pears in Juice	<u>September 13</u> AM: Blueberry Bread, 1sl Fresh Cantaloupe, 1sl TT: Diced Fresh Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice
<u>September 16</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c TT: Townhouse Crackers	<u>September 17</u> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz	<u>September 18</u> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce Townhouse Crackers, 4ea	<u>September 19</u> AM: Vanilla Yogurt, 1/2c Homemade Granola, 1/4c Fresh Orange Wedges, 4pcs TT: Diced Mixed Melons PM: Fresh Baby Carrots, 1/2c Ranch Dip Whole Grain Cheese Goldfish, 1/3c TT: Pears in Juice	<u>September 20</u> AM: Zucchini Bread, 1sl Fresh Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice
<u>September 23</u> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Cheerios/Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c	<u>September 24</u> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz	<u>September 25</u> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Townhouse Crackers, 4ea Cheddar Cheese, 1sl	<u>September 26</u> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Monterey Jack Cheese, 1sl Fresh Fruit Salad TT: Townhouse Crackers, 4ea TT: Diced Mixed Melons TT: Pears in Juice	<u>September 27</u> AM: Blueberry Bread, 1sl Fresh Cantaloupe, 1sl TT: Diced Fresh Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice
<u>September 30</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c				Fairfax Food Service & Caterers P.O. Box 418 Newington, Va. 22122 703-550-1820 Whole Grains Fresh Fruit NO HFC/GF Ketchup/Syrup

Milk served with AM to meet Breakfast requirements. 1% & Whole milk for TT
Fairfax Food Service & Caterers