

**TYSONS CORNER CHILDREN'S CENTER  
SPRINGHILL**

**SEPTEMBER 2019**

**BREAKFAST/PM SNACK**

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

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