

SUPPER MEALS - September 2019

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2-6	HOLIDAY	Choc. Elf Grahams, Vanilla Yogurt, Cheddar Cubes, & Craisins	Smuckers PB&J, String Cheese, & Carrots	Turkey Ham Croissant Sandwich with Fruit	Cinnamon Crisps, Vanilla Yogurt, & Seeds, Applesauce
Recipe #			S15204	S15834	
M/MA (2 oz)		4 oz vanilla yogurt (D)(20g) Cheddar Cubes (D)(1g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	4 oz vanilla yogurt (D)(20g) Honey seeds (none)(10g)
Grain (1 oz)		Choc. Elf Grahams (S,W)(20g)			Cinnamon Crisps (D,S,W)(25g)
Fruit or Veg 1/2 cup		Craisins (28g)	Baby Carrots (4g)	Fresh Fruit (15g)	Applesauce cup (14g)
Cond					
Utensils		spoon			spoon
total items:		5	3	2	5
Items provided by site:					
Veg (1/2 c)		Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
Milk (8 oz)		1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments		Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
<small>servings day</small>		1	2	3	4
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 9-13	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Welch's Grahamwich PB&J, String Cheese, & Carrots	Mini Pancakes, Honey Seeds, Vanilla Yogurt, & Craisins	Ham, Cheddar Cubes, Tiki Crackers, Fresh fruit	PB Cup, Colby Jack Cheese, & Goldfish Pretzels & Strawberry Fruit Cup
Recipe #	S15369				S15573
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Welch's Grahamwich PB&J (P, S,W)(30g) String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Honey seeds (none)(10g)	2 Ham slices (0 g) Cheddar Cubes (D)(0g)	Peanutbutter Cup (P)(8g) Colby Jack Cheese (D)(0g)
Grain (1 oz)	Cinnamon Chex Bowl (none) (22g)		Mini Pancakes (D,E,S,W)(34g)	Tiki Savory Crackers (S,W) (14g)	Pretzel Goldfish (D,W)(16g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Craisins (28g)	Fresh Fruit (15g)	Strawberry Fruit Cup (none) (25g)
Cond					
Utensils	spoon		spoon		spoon
total items:	4	3	5	4	5
Items provided by site:					
Veg (1/2 c)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
<small>servings day</small>	5	6	7	8	9
					MENU CHANGE FOR: BEA, BOB, B&G, BH, CAS, FHO, MURR, VHS, VMMS Jennie-O Turkey Stick (none) (0g) Colby Jack Cheese (D)(0g)
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 16-20	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Carrots	Turkey Ham Croissant Sandwich with Applesauce	Turkey Jerky Stick, Egg, Jalapeno Cheese Puffs, Fresh Fruit	Churro Sticks, Vanilla Yogurt, Cheddar cubes, Mango tube
Recipe #	S14463				
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Turkey Jerky Stick (none)(1g) Hardboiled Egg (E)(1g)	4 oz vanilla yogurt (D)(20g) Cheddar Cubes (D)(0g)
Grain (1 oz)	Frosted Mini Wheats Bowl (W) (24g)		Jalapeno Cheese Puffs (D)(15 g)	2 Churro Sticks (E,S,W)(29g)	
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce cup (14g)	Fresh Fruit (15g)	Fruti Fruit Mango tube (none) (13g)
Cond					
Utensils	spoon		spoon		spoon
total items:	4	3	3	4	5
Items provided by site:					
Veg (1/2 c)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)

Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
	10	11	12	13	14
September 23-27	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recipe #	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Welch's Grahamwich PB&J, String Cheese, & Carrots	Kelloggs Crunch Mania, Vanilla Yogurt, & Honey Seeds, Craisins	Chicken Bites, Juice, & Dipping Sauce	Sun Chips, Cheddar Cubes, Jennie O Turkey Stick, Straw Fruit cup
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Welch's Grahamwich PB&J (P, S,W)(30g)	4 oz vanilla yogurt (D)(20g) Honey seeds (none)(10g)	Chicken Chunks (5 ea) (D,W)(17g)	1 Turkey Stick (0 g) Cheddar Cubes (D)(0g)
Grain (1 oz)	Cinnamon Toast Crunch Bowl (S,W)(22g)	String Cheese (D)(1g)	Crunch Mania (D,S,W)(37g)		Sun Chips (W)(18g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Craisins (28g)	Fresh Fruit (15g)	Strawberry Fruit Cup (22g)
Cond				Boom Boom Sauce (E)(2g)	
Utensils	spoon		spoon		spoon
total items:	4	3	5	3	5
Items provided by site:					
Veg (1/2 c)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
	15	16	17	18	19
Sept 30 - Oct 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Recipe #	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Carrots	Mini Pancakes, Colby Jack, Vanilla Yogurt, & Applesauce cup	Turkey Coins, Cheddar Cubes, Tiki Crackers, Fresh Fruit	Tortilla Chips, Cheese Dip, Honey Seeds, Raisins
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Colby Jack Cheese (D)(0g)	5 TurkeyCoins (none)(0g) Cheddar Cubes (D)(0g)	Cheese Dip (D)(2g) Honey Seeds (none)(10g)
Grain (1 oz)	Frosted Mini Wheats Bowl (W) (24g)		Mini Pancakes (D,E,S,W)(34g)	Tiki Savory Crackers (S,W) (14g)	Tortilla Chips (none)(28g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Baby Carrots (4g)	Applesauce cup (14g)	Fresh Fruit (15g)	Raisins (none)(30g)
Cond					
Utensils	spoon		spoon		
total items:	4	3	5	4	4
Items provided by site:					
Veg (1/2 c)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)	Mango or Strawberry Banana Swirl Juice (13g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
	20	21	22	23	24
Carbohydrates noted (_ g)					
ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat					