



# The Children's House

September 2017

## Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
am snack					<b>1</b> bagel & cream cheese
lunch					chicken nuggets baked potato sticks broccoli
pm snack					pancakes
am snack	<b>4</b>	<b>5</b> banana pb wrap	<b>6</b> pita chips & hummus	<b>7</b> pb crackers	<b>8</b> bagel & cream cheese
lunch	Labor Day School Holiday	homemade chicken & dumplings, bananas	cheesy beef macaroni with carrots, sweet corn	rigatoni & meatballs bread stick apple slices	cheese tortellini mixed veggies watermelon slices
pm snack		multigrain roll	yogurt & granola	carrot roll-up	pancakes
am snack	<b>11</b> pancakes	<b>12</b> multigrain & cheese	<b>13</b> apple muffin	<b>14</b> yogurt & granola	<b>15</b> blueberry muffin
lunch	creamy chicken rice with mixed veggies apple slices	hamburger slider sweet potato "fries" sweet corn	bagel cheese pizza cucumber salad watermelon slices	chicken chili pasta bread sticks green beans	cheese quesadilla rice with mixed veg melon
pm snack	pita chips & hummus	crackers	pancakes	cinnamon twist	almond butter roll
am snack	<b>18</b> cheese & crackers	<b>19</b> savory muffin	<b>20</b> pita chips & hummus	<b>21</b> zucchini muffin	<b>22</b> zucchini muffin
lunch	cheesy beef macaroni with carrots, sweet corn	chicken chili pasta with chickpeas green beans	cheese tortellini mixed veggies apple slices	rigatoni & meatballs bread stick broccoli	mac & cheese glazed carrots bananas
pm snack	pancakes	cinnamon muffin	yogurt & granola	raisin bread	raisin bread
am snack	<b>25</b> cheese & crackers	<b>26</b> savory muffin	<b>27</b> pita chips & hummus	<b>28</b> blueberry muffin	<b>29</b> zucchini muffin
lunch	chicken nuggets baked potato sticks broccoli	hamburger slider, sweet potatoes, corn	bagel cheese pizza, cucumber salad, watermelon	cheese quesadilla rice & mixed veg apple slices	homemade chicken & dumplings bananas
pm snack	pancakes	cinnamon muffin	yogurt & granola	cheese on bread	raisin bread