



One percent milk is served with breakfast and lunch. Breakfast and snack are the same at AM/PM centers.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>September 5th is Sisseton and Webster only.</b>		<b>AM and PM Classrooms Begin September 6th.</b>					
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>			
Holiday No School		<b>Sisseton/ Webster Only:</b> <b>Breakfast</b> WG Frosted Mini-Wheat Banana <b>Lunch</b> Taco D24 Broccoli and Ranch Peaches <b>Snack</b> Yogurt/Milk		<b>AM/PM Classes Start:</b> <b>Breakfast</b> WG Cinnamon Toast Fresh Fruit <b>Lunch</b> Macaroni & Cheese D20 Baby Carrots Watermelon <b>Snack</b> Grahams/Milk		<b>Breakfast</b> WG Life Original Oranges <b>Lunch</b> Hamburger on a Bun Baked Beans Pineapple <b>Snack</b> Cheese & Crackers Milk			
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>			
<b>Breakfast</b> Scrambled Eggs D15 / Toast Oranges <b>Lunch</b> Spaghetti D3 Lettuce Carrots <b>Snack</b> Milk WG Cinnamon Chex		<b>Breakfast</b> Bagels & Cream Cheese/Peaches <b>Lunch</b> WG Chicken & Rice D47 Vegetable Mandarin Oranges <b>Snack</b> Apples / Peanut Butter Milk		<b>Breakfast</b> Baked Pancakes A6 / Fruit <b>Lunch</b> WG Ham or Turkey Sandwich Potato Carrot Sticks <b>Snack</b> Cheese & Crackers / Milk		<b>Breakfast</b> Yogurt Fruit <b>Lunch</b> Fish Sticks WG Mash Potatoes Orange Slices <b>Snack</b> Muffin Milk			
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>			
<b>Breakfast</b> WG Waffles Fruit <b>Lunch</b> Chicken Strips Broccoli & Dip Fruit <b>Snack</b> Toasted Oats Milk		<b>Breakfast</b> English Muffin/ PB or Jam Peaches <b>Lunch</b> Meatballs/Mash Potato Green Beans / Bread Mandarin Oranges <b>Snack</b> WG Wheat Thins / Cottage		<b>Breakfast</b> WG Cereal Fruit <b>Lunch</b> Sloppy Joe on Bun F12 Potato Pineapple <b>Snack</b> English Muffin/ PB or Jam Milk		<b>Breakfast</b> WG Cinnamon Toast Peaches <b>Lunch</b> Cheese Sandwich Tomato Soup / Crackers Apples <b>Snack</b> Yogurt / Milk			
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>			
<b>Breakfast</b> Waffles WG Applesauce <b>Lunch</b> Pizza Casserole D32 Tossed Salad Apples <b>Snack</b> Toast Milk		<b>Breakfast</b> Wheat Chex WG Oranges <b>Lunch</b> Chicken Strips Green Beans Peaches <b>Snack</b> Muffin Milk		<b>Breakfast</b> Scrambled Eggs D15 / Toast WG Fruit <b>Lunch</b> Grilled Cheese F13 Tomato Soup Grapes <b>Snack</b> Crackers / Milk		<b>Breakfast</b> Oven Baked Pan- cakes A6 Fruit <b>Lunch</b> Spaghetti D3 Broccoli & Dip Fruit <b>Snack</b> Graham Crackers Milk			

## roasted veggie sticks

Roasting brings out the sweet flavors found in veggies. It's an easy way to make delicious vegetables that your family will love!

1. Wash and peel vegetables of your choice. Cut into long sticks.
2. Place the veggie sticks in a large bowl with a little olive oil or vegetable oil. Toss to coat.
3. Lay veggie sticks on a metal baking pan.
4. Bake in a 400° F oven for 12 to 15 minutes, or until they are very soft.
5. Remove from the oven and cool.

*Test roasted veggie sticks before giving to your baby—make sure they are soft and mash easily in your mouth.*



**Add new flavors with a little bit of herbs and spices!**  
 Sprinkle veggies with cinnamon, nutmeg or cumin before baking.



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## bastones de verdura asados

Al asar las verduras se resalta su sabor dulce. ¡Es una forma sencilla de hacer verduras deliciosas que le encantarán a su familia!

1. Lava y pela las verduras elegidas. Córtalas en bastones largos.
2. Coloca los palitos de verdura en un bol grande con un poco de aceite de oliva o aceite vegetal. Mezcla para que los ingredientes se cubran bien.
3. Coloca los bastones de verdura en una placa metálica para horno.
4. Hornea a 400° F/200° C entre 12 y 15 minutos o hasta que estén bien blandos.
5. Retíralos del horno y déjalos enfriar.

*Asegúrate de que los bastones asados estén blandos y se deshagan fácilmente en tu boca antes de darle uno a tu bebé.*



**¡Añade nuevos sabores con un poco de hierbas y especias!**  
 Espolvorea las verduras con canela, nuez moscada o comino antes de hornearlas.



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