



**CHAMPLAIN ISLAND PARENT CHILD CENTER MONTHLY MENU
SEPTEMBER 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day Center Closed	5- B: CHEX CEREAL/ORANGES L: MACARONI & CHEESE/GLAZED CARROTS/PEACHES S: CHEESE QUESADILLAS W/SALSA	6- B: TOAST W/JELLY & APPLES L: SCALLOPED POTATOES WITH HAM/BISCUIT/CANTALOUPE S: BAKED APPLES AND PITA CHIPS	7- B: GOLDEN PORRIDGE W/BERRIES L: BAKED CHICKEN/POLKA DOT PASTA/GREEN BEANS/HONEYDEW S: BERRY BANANA SPLIT	8- B: ENGLISH MUFFINS/GRAPES L: SLOPPY JOES/POTATO SALAD/WATERMELON S: CHEESE/CRACKERS
11- B: BAGELS WITH CC/ORANGES L: CHEESY SPAGHETTI BAKE/CAESAR SALAD/APPLES S: HOMEMADE GRANOLA BARS/STRAWBERRIES	12- B: PANCAKES/BERRIES L: HAM AND CHEESE QUICHE/DINNER ROLL/SQUASH/FRUIT SALAD S: ANIMAL CRACKERS/CLEMENTINES	13- B: CHEERIOS/BANANAS L: MEATLOAF/BUTTERED NOODLES/GINGERED CARROTS/PINEAPPLE S: SANDBOX SURPRISE	14- B: EGG AND CHEESE BREAKFAST WRAP/ORANGES L: FARMERS HARVEST CHILI/CORN/HM BREADSTICK S: YOGURT/WHEAT CHEX	15- B: BASKETBALL BISCUITS/APPLESAUCE L: BAKED TURKEY BREAST/POPS POTATOES/PEACHES S: TOOTY FRUITY CHIP DIP/GRAHAM CRACKERS
18- B: ENGLISH MUFFIN/GRAPES L: SPAGHETTI W/MEAT SAUCE/CAESAR SALAD S: APPLE CRISP	19- B: OATMEAL/BLUEBERRIES L: BEEF TAQUITOS/CORN/PEACHES S: SALSA AND TORTILLAS	20- B: CHEX CEREAL/BANANA L: JAMAICAN JERK CHICKEN SANDWICH/SWEET POTATO FRIES/MANGO S: CHEESE/GRAPES	21- B: BLUEBERRY MUFFIN/ORANGES L: GENERAL TSO'S CHICKEN/TERIYAKI RICE/BROCCOLI/PINEAPPLE S: SUPER SMOOTHIE	22- B: BAGELS/CANTALOUPE L: WAFFLES/HOMEFRIES/EGGS/STRAWBERRIES S: BANANA BREAD
25- B: CINNAMON TOAST/APPLES L: GOULASH W/MEAT SAUCE/CORN/PEACHES S: GOLDFISH/MELON	26- B: EGG AND CHEESE WRAP/ORANGES L: TASTY CHICKEN TENDERS/GARLIC NOODLES/PEAS/KIWI S: BAKED APPLE SLICES/GRAHAM CRACKERS	27- B: KIX/BERRIES L: CHICKEN SALAD WRAPS/CUCUMBERS/GRAPES S: HUMMUS/VEGGIE STICKS	28- B: FRENCH TOAST/BANANA L: BEEF & BROCCOLI STIR-FRY/RICE/PINEAPPLE S: MIXED FRUIT/YOGURT	29- B: ENGLISH MUFFINS/APPLES L: SHEPHERDS PIE/DINNER ROLL/WATERMELON S: GOLDFISH/GRAPES

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. ALL MENU ITEMS ARE HOMEMADE AND ARE SUBJECT TO CHANGE. MILK IS SERVED WITH BREAKFAST AND LUNCH.