

**SEPTEMBER MEAL MENU**  
**September 3-7**



| CACFP Meal Requirement   |                        | 3 / Mon  | 4 / Tues                                    | 5 / Wed                             | 6 / Thurs  | 7 / Fri   |
|--|------------------------|--|---|-------------------------------------|--|---|
| <b>Ages 1-2</b>  | <b>Ages 2+</b>         | <b>BREAKFAST</b>   |   |                                     |  |   |
| ½ cup whole milk   | ¾ cup 1% milk          |  | <input checked="" type="checkbox"/>         | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/>                | <input checked="" type="checkbox"/>             |
| ¼ cup veg / fruit*   | ½ cup veg / fruit*     |  | Bananas                                     | Peaches                             | Mixed Fruit  | Mango   |
| ½ slice or ¼ cup grain   | ½ slice or ¼ cup grain |  | Organics Toasted O's                        | Blueberry Muffins                   | Mini Bagels with Fruit Yogurt Spread               | Eggo Waffles                                    |
| <b>Ages 1-2</b>  | <b>Ages 2+</b>         | <b>LUNCH</b>   |   |                                     |  |   |
| ½ cup whole milk   | ¾ cup 1% milk          | <p>SCHOOL CLOSED</p>  | <input checked="" type="checkbox"/>         | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/>                | <input checked="" type="checkbox"/>             |
| 1 oz meat  | 1.5 oz meat            |  | Turkey and Cheese Sandwich, Steamed Carrots | Taco Bake with Beans and Corn       | Orange Chicken over Rice and Stir Fried Vegetables | Meatballs with Lightly Buttered Shells, Spinach |
| ½ slice or ¼ cup grain   | ½ slice or ¼ cup grain |  | Apple Slice                                 | Pears                               | Pineapples   | Watermelon                                      |
| 1/8 cup veg  | ¼ cup veg              |  | Same  | Veggie Slices                       | Same   | Veggie Patty                                    |
| 1/8 cup fruit  | ¼ cup fruit            |  |   |                                     |  |   |
| <b>Vegetarian Alternative</b><br>(served upon request only; please email office@totemlakeschool.com) |                        |  |   |                                     |  |   |
| <b>Ages 1-2</b>  | <b>Ages 2+</b>         | <b>AFTERNOON SNACK (2 of 5 components)</b>   |   |                                     |  |   |
| ½ cup whole milk   | ¾ cup 1% milk          |  | String Cheese                               | -                                   | -  | -   |
| ½ oz meat  | ½ oz meat              |  | -   | -                                   | -  | -   |
| ½ slice or ¼ cup grain   | ½ slice or ¼ cup grain |  | Raisin Bread                                | Pita                                | Graham Crackers                                    | Banana Bread                                    |
| ½ cup veg or fruit   | ½ cup veg or fruit     |  | -   | Edamame                             | Apple Sauce  |   |
| <b>Ages 1-2</b>  | <b>Ages 2+</b>         | <b>LATE AFTERNOON SNACK (2 of 5 components)</b>  |   |                                     |  |   |
| ½ cup whole milk   | ¾ cup 1% milk          |  | -   | -                                   | Cheese Cubes                                       | Frozen Yogurt                                   |
| ½ oz meat  | ½ oz meat              |  | -   | -                                   | -  | -   |
| ½ slice or ¼ cup grain   | ½ slice or ¼ cup grain |  | Grain Bar                                   | Pirate Booty                        | Pita   | BelVita Biscuit                                 |
| ½ cup veg or fruit   | ½ cup veg or fruit     |  | Banana                                      | Banana                              |  |   |

\* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

\*\* Serving sizes and food components are in accordance with USDA food guidelines for children ages 1-5. All meals are served with water and another liquid, if indicated. Parents may be required to pack substitutions for children with allergies and/or dietary restrictions.

**SEPTEMBER MEAL MENU**  
**September 10-14**



| CACFP Meal Requirement  |                        | 10 / Mon  | 11 / Tues  | 12 / Wed                                     | 13 / Thurs                     | 14 / Fri   |
|---|------------------------|---|--|--|--------------------------------|--|
| <b>Ages 1-2</b>   | <b>Ages 2+</b>         | <b>BREAKFAST</b>                                |  |  |                                |  |
| ½ cup whole milk  | ¾ cup 1% milk          | ☑   | ☑  | ☑  | ☑                              | ☑  |
| ¼ cup veg / fruit*  | ½ cup veg / fruit*     | Bananas   | Blueberries  | Pears  | Apple                          | Oranges  |
| ½ slice or ¼ cup grain  | ½ slice or ¼ cup grain | Kashi Heart-to-Heart                            | Sausage & Roasted Potatoes (Veggie sausage)              | Waffles                                      | Mini Bagels with Cream Cheese  | Corn Muffins   |
| <b>Ages 1-2</b>   | <b>Ages 2+</b>         | <b>LUNCH</b>                                    |  |  |                                |  |
| ½ cup whole milk  | ¾ cup 1% milk          | ☑   | ☑  | ☑  | ☑                              | ☑  |
| 1 oz meat   | 1.5 oz meat            | Sunflower and Fruit Spread on Whole Wheat Bread | Pasta Carbonara with Meatballs, Mushrooms and Green Peas | Chicken Shepherd's Pie with Mixed Vegetables | Beef Lo Mein with Spring Rolls | Cheese Chicken Burgers with Sweet Potato Fries & Green Beans |
| ½ slice or ¼ cup grain  | ½ slice or ¼ cup grain |   |  |  |                                |  |
| 1/8 cup veg   | ¼ cup veg              | Steamed Vegetables                              |  |  |                                |  |
| 1/8 cup fruit   | ¼ cup fruit            | Melon   | Mixed Fruit  | Peach  | Pineapple                      | Watermelon   |
| <b>Vegetarian Alternative</b><br>(served upon request only; please email <a href="mailto:office@totemlakeschool.com">office@totemlakeschool.com</a> ) |                        | Same  | Veggie Slices  | Veggie Patty                                 | Veggie Crumbles                | Garden Burger  |
| <b>Ages 1-2</b>   | <b>Ages 2+</b>         | <b>AFTERNOON SNACK (2 of 5 components)</b>      |  |  |                                |  |
| ½ cup whole milk  | ¾ cup 1% milk          |   | -  | -  | Yogurt                         | -  |
| ½ oz meat   | ½ oz meat              | -   | -  | -  | -                              | -  |
| ½ slice or ¼ cup grain  | ½ slice or ¼ cup grain | Graham Crackers                                 | Soft Pretzel   | Raisin Bread                                 | Pirate Booty                   | Pita   |
| ½ cup veg or fruit  | ½ cup veg or fruit     | Apple Sauce                                     | Watermelon   | Mixed Fruit                                  | -                              | Edamame  |
| <b>Ages 1-2</b>   | <b>Ages 2+</b>         | <b>LATE AFTERNOON SNACK (2 of 5 components)</b> |  |  |                                |  |
| ½ cup whole milk  | ¾ cup 1% milk          | String Cheese                                   | Frozen Yogurt  | Cheese Cubes                                 | Mandarin                       | Frozen Yogurt  |
| ½ oz meat   | ½ oz meat              | -   | -  | -  | -                              |  |
| ½ slice or ¼ cup grain  | ½ slice or ¼ cup grain | Veggie Straws                                   | Grain Bar  | -  | Aussie Bites                   |  |
| ½ cup veg or fruit  | ½ cup veg or fruit     | -   | -  | Whole Wheat Crackers                         |                                | Trail Mix  |

\* Pasteurized full-strength juice may only be used to meet the vegetables or fruit requirement at one-meal, including snack, per day

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