

Learning Ladder Breakfast, Lunch & Snack Menu September 2023

A breakfast bar is served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Muffins Oranges Cheese, Crackers
4. CLOSED	5. Bagels w/ Cream Cheese Oranges Veggie Pizza, Fresh Fruit	6. Biscuit Banana Cheese, Crackers	7. Oatmeal Peaches Pumpkin Bars Craisins	8. Pancakes Strawberries Banana Oatmeal Cookies, Fresh Fruit
11. Cereal Apples Seasoned Oyster Crackers Fruit Salad	12. Bagels w/ Cream Cheese Oranges Banana Bread, Fresh Fruit	13. Biscuit Banana Bean Dip, Crackers	14. Smoothie Cinnamon Toast Bars Ham & Cheese Roll Ups Fresh Fruit	15. Muffin Oranges Cheese, Crackers
18. Cereal Apples Banana Oatmeal Cookies, Fruit Salad	19. Bagels w/ Cream Cheese Bananas Veggie Pizza, Fresh Fruit	20. Biscuit Oranges Yogurt, Grahams	21. Oatmeal Peaches Apple Oatmeal Muffins Fresh Fruit	22. Pancakes Strawberries Cottage Cheese, Pineapple
25. Muffin Oranges Banana Bread, Fresh Fruit	26. Oatmeal Peaches Ham & Cheese Roll Ups Fresh Fruit	27. Biscuit Banana Pumpkin Bars Craisins	28. Bagels w/ Cream Cheese Oranges Seasoned Oyster Crackers Fresh fruit	29. Cereal Apples Cheese, Crackers

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative