

SEPTEMBER 2026

Child Development Center

MARINE & Family
Child and Youth Programs

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Monday

Tuesday

Wednesday

Thursday

Friday

Kix Cereal, Mandarin Oranges, Milk **7**

Chicken Nuggets, **Brown Rice**, Corn/Carrots, Pineapples Chunks, Milk

Ritz Cracker, Sliced Cheese, Water

Graham Cracker, Water Week 1

Cheerios, Peaches, Milk **14**

Macaroni & Cheese w/Ham, Green Beans, Mixed Fruit, Milk

Cottage Cheese, Pineapple, Water

Wheat Thins, Water Week 2

Rice Chex Cereal, Diced Pears, Milk **21**

Teriyaki, Burger on Whole Grain Bun, French Fries, Mandarin Oranges, Milk

Assorted Crackers, Water

Wheat Thins, Water Week 3

Multi Grain Cheerios, Diced Pears, Milk **28**

Fish Patty w/Tartar Sauce, **Brown Rice**, Mixed Veggies, Pineapples Chunks, Milk

Ritz Crackers, Cheese Slices, Water

Saltine Cracker, Water

Week 4

Bagel w/Cream Cheese, Pineapple Milk **1**
Chicken Patty Sandwich on **Whole Grain Bun**, Lettuce, Tomato, Applesauce, Milk

Graham Crackers, Peaches Water

Cheese Nips, Water

Week 5

Whole Grain Cinnamon Toast, Applesauce, Milk **8**

Beef & Macaroni, Broccoli, Orange Slices, Milk

Bagel Cream Cheese, Grape Juice/Milk

Saltine Crackers, Water

Yogurt & Granola, Bananas, Milk **15**

Beef/Cheese & Rigatoni, Broccoli, Peaches, **Whole Grain Bread**, Milk

Saltine Crackers, Melone Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **22**

Kalua Pork, Cabbage, **Brown Rice**, Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Oatmeal, Mixed Fruit, Milk **29**

Corned Beef Sandwich on **Whole Grain Bread**, Lettuce, tomato, banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Crackers, Water

Sausage Patties Biscuit & Peaches Milk **2**
Sunbutter & Jelly Sandwich on Whole Grain Bread, Carrot Sticks, Banana, Milk

Taco chips/Soft Tortilla, Cottage Cheese, Salsa, Water

Ritz Crackers, Water

Biscuit w/Jelly, Banana, Milk **9**

Turkey Sandwich on Whole Grain Bread, Lettuce & Tomato, Cantaloupe Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

Scrambled Eggs & Cheese, Pear **Whole Grain Bread**, Milk **16**

Tuna Salad Sandwich on **Whole Grain Bread**, Cheese, Cucumber, Lettuce, Apples Slices, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

Cream of Wheat, Peaches, Milk **23**

Turkey & Cheese on Whole Grain Bread, Lettuce & Tomato, Apple Slices, Milk

Cucumber Slices with Ranch Dressing, Wheat Thins, Water

Assorted Crackers, Water

Rice Chex, Mandarin Oranges, Milk **30**

Chicken Strips, **Brown Rice**, Broccoli, Apple Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Oatmeal, Pears, Milk **3**
Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread**, Milk

Cheese It, Pineapple, Water

Graham Crackers, Water

English Muffin w/Cheese, Pineapple Milk **10**

Chicken & **Brown Rice**, Mixed Vegetables, Mandarin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Oatmeal, Mandarin Orange, Milk **17**

Taco Salad, Seasoned Beef, Lettuce & Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffins, Milk

Chicken N Biskit Crackers, Water

Sweet Bread, Toast, Banana Milk **24**

Shepherd's Pie, Mashed Potatoes, **Whole Grain Bread**, Broccoli, Pears, Milk

Raisin Bread Cream Cheese, Apple Juice/Milk

Vanilla Wafers, Water

Whole Grain Cinnamon Toast, Orange Slices, Milk **4**

Spaghetti with Meat Sauce, Tossed Salad, Melon, Bread Sticks, Milk

Goldfish Cracker, Pear Slices, Water

Vanilla Wafers, Water

Corn Chex Cereal, Peaches, Milk **11**

Grilled Ham & Cheese on Whole Grain Bread, Pear Slices, Veggie Sticks, Milk

Gold Fish Crackers, Mixed Fruit, Water

Vanilla Wafer, Water

Waffles, Applesauce, Milk **18**

Teriyaki Chicken, Brown Rice **Graham Crackers**, Mixed Vegetable, Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Cracker, Water

French Toast, Applesauce, Milk **25**

Egg Salad Sandwich on Whole Grain Bread, Lettuce & Tomato, Oranges Slices, Milk

Chic 'n' Biscuit Crackers, Melon Slices, Water

Cheese Nip, Water

	Breakfast	1-2	3-5	6+	Lunch	1-2	3-5	6+	Snack	1-2	3-5	6+
Milk		1/2 cp	3/4 Cp	1cp	Milk	1/2 cp	3/4 cp	1cp	Milk	1/2cp	3/4cp	1cp
Grain		1/2oz	1/2oz. Eq	1 oz. Eq	Grain	1/2 oz.	1/2 oz. Eq	1 oz. Eq	Grain	1/2 oz.	1/2 oz. Eq	1 oz. Eq
Fruit		1/2 oz	1/2 oz. Eq	1 oz. Eq	Fruit	1/2 oz.	1/2 oz.	1/2 oz.	Fruit	1/2 oz.	1/2 oz.	1/2 oz.
					Vegetables	1/4 cp	1/2 cp.	1/2 cp.	Meat	1 oz	1.5 oz	2 oz
					Meat	1oz	1.5 oz	2 oz				

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