

# SEPTEMBER 2025

## Kulia School Age Care Program

**MARINE & Family**  
Child and Youth Programs

Monday

Happy Holiday  
Centers Closes

Week 3

Tuesday

**English Muffin** w/Jelly, Pineapple Milk

Teddy Graham, Mixed Fruit, Water

Goldfish Crackers, Water

Wednesday

Yogurt, Granola, Blueberries, Milk

Turkey & Cheese on **Whole Grain Bread Tortilla, Water**

Assorted Crackers, Water

Thursday

Hardboiled Egg, **Whole Grain Toast** w/Jelly, Oranges Slices, Milk

Breadsticks w/Marinara, Cheese Sticks, Water

Vanilla Wafers, Water

Friday

**Whole Grain Cinnamon Toast**, Banana, Water

Chic N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

**Multi-Grain Cheerios**, Mixed Fruit, Milk

Saltine Crackers Cheese & Ham Slices, Water

Chicken N Biskit Crackers, Water

Week 4

French Toast Sticks, Mandarin Orange, Milk

Sunflower Butter w/Jelly on **Whole Grain Tortilla**, Milk

Saltine Crackers, Water

**Oatmeal**, Apple Slices, Milk

Egg Salad on Whole Grain Bread, Apple Juice

Goldfish Crackers, Pears, Water

Waffles, Blueberries, Milk

**Graham Crackers**, **Yogurt**, Water

Pretzels, Water

Sausage Patty, Biscuit, Melon, Milk

Carrot Sticks w/Ranch Dressing, **Whole Grain Ritz Crackers**, Water

Cheese Nips, Water

Sausage Patty, Biscuit, Melon, Milk

Carrot Sticks w/Ranch Dressing, **Whole Grain Ritz Crackers**, Water

Cheese Nips, Water

Week 5

Bagel w/Cream Cheese, Pineapple Chunks, Milk

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

**Whole Grain Ritz Crackers**, Water

Scramble Eggs w/ Cheese, Mandarin Oranges, **Whole Grain Tortilla**, Milk

Blueberries Muffin, Grape Juice

Cheese Nips, Water

**Multi-Grain Cheerios**, Strawberries, Milk

Breadsticks w/Marinara, Cheese Sticks, Water

**Graham Crackers**, Water

**Whole Grain Toast** w/Sunflower Butter Banana, Milk

Swirl Bread w/ Cream Cheese, Grape Juice

Saltine Crackers, Water

**Kix Cereal**, Mandarin Oranges, Milk

Teddy Graham, Water

Swirl Bread, Water

Week 1

French Toast Sticks, Mixed Fruit, Milk

Sunflower Butter & Jelly **on Whole Grain Tortilla**, Water

Goldfish Crackers, Water

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

Wheat Thins, Dried Fruit, Cheese Sticks, Water

Saltine Crackers, Water

English Muffin w/Cheese, Pineapple, Milk

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

**Graham Crackers**, Applesauce, Water

Cheese Nips, Water

Corn Chex Cereal, Peaches, Milk

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

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

**Cheerios**, Peaches, Milk

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

Cottages Cheese, Pineapple, Water

**Wheat Thin**, Water

Week 2

Yogurt & Granola, Banana, Milk

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

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

Breakfast:

1-2

3-5

6+

Lunch

1-2

3-5

6+

Snack

1-2

3-5

6+

Milk  
Grain  
Fruit

1/2 cp  
1/2oz.  
1/2 oz.

3/4 Cp  
1/2oz. Eq.  
1/2 oz. Eq.

1cp  
1 oz. Eq.  
1 oz. Eq.

Milk  
Grain  
Fruit

1/2 cp  
1/2 oz.  
1/2 oz.

3/4 cp  
1/2 oz.  
1/2 oz.

1cp  
1 oz. Eq.  
1 oz. Eq.

Milk  
Grain  
Fruit

1/2cp  
1/2 oz.  
1/2 oz.

3/4cp  
1/2 oz. Eq.  
1/2 cp

1cp  
1 oz Eq  
3/4cp  
2 oz

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