

# The Neighborhood Learning Center ~ Menu for September 2023

		Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 4 - 8	Morning Snack	<b>NLC CLOSED IN OBSERVANCE OF LABOR DAY</b>	Cereal Bar* Fresh Fruit Water	Yogurt^ Granola* Water	Muffins*^ Banana Water	WG Cereal*^ Milk^
	Lunch		Taco Salad*^ Corn WG Roll* Pineapple Milk	Chicken Noodle Soup w/ Carrots* Crackers* Fruit Cocktail Milk	WG Fish Nuggets*^ Peas Pears Milk	Spaghetti*^ Salad w/ Dressing^ (T) Cucumbers Peaches Milk
	Snack		Pretzels* Dip^ (T) Crackers* Fruit Cup Water	Goldfish* Sliced Apples Water	Crackers* Cheese Sticks^ Water	Cream Cheese^ Graham Crackers* Water <b>LCPS CLOSED</b>
Sept. 11 - 15	Morning Snack	WG Cereal*^ Milk^	Turkey Sausage* Biscuit*^ Water	Bagels*^ Fresh Fruit Water	WG Waffles*^ Fruit Water	WG Cereal*^ Milk^
	Lunch	Mac N Cheese*^ Green Beans Applesauce Milk	Beans & Franks* WG Roll* Fruit Cocktail Milk	WG Chicken Patty*^ Mixed Veggies Pears Milk	Meatballs* Mashed Potatoes*^ WG Roll*^ Peaches Milk	Chicken Alfredo*^ Broccoli Tropical Fruit Milk
	Snack	WG Nacho Chips* Salsa* (T) Crackers* Water	Homemade WG Trail Mix*^ Water	Veggie Straws* Fig Newtons*^ Water	Variety*^ Water	Bananas Goldfish Crackers* Water
Sept. 18 - 22	Morning Snack	WG Cereal*^ Milk^	WG Pancakes*^ Fresh Fruit Water	Yogurt^ Granola* Water	Muffins*^ Banana Water	WG Cereal*^ Milk^
	Lunch	Goulash*^ Salad w/Dressing^ (T) Cucumbers Applesauce Milk	Taco Salad*^ Corn Pears Milk	Chicken Noodle Soup w/ Carrots* Crackers* Fruit Cocktail Milk	WG Fish Nuggets*^ Peas Pineapple Milk	Chicken & Cheese Quesadillas*^ Green Beans Peaches Milk
	Snack	Animal Crackers*^ Raisins* Water	Pretzels* Dip^ (T) Crackers* Fruit Cup Water	Goldfish* Sliced Apples Water	Crackers* Cheese Stick^ Water	Pudding^ Graham Crackers* Water
Sept. 25 - 29	Morning Snack	WG Cereal*^ Milk^	Turkey Sausage* Biscuit*^ Water	Cereal Bar*^ Fresh Fruit Water	WG Waffles*^ Fruit Water	WG Cereal*^ Milk^
	Lunch	Mac N Cheese*^ Green Beans Applesauce Milk	Beans & Franks* WG Roll* Fruit Cocktail Milk	WG Chicken Patty*^ Mixed Veggies Pears Milk	Salisbury Steak*^ Mashed Potatoes*^ WG Roll*^ Peaches Milk	Chicken Alfredo*^ Broccoli Tropical Fruit Milk
	Snack	WG Nacho Chips* Salsa* (T) Crackers* Water <b>LCPS CLOSED</b>	Homemade WG Trail Mix*^ Water	Veggie Straws* Fig Newton*^ Water	Cinnamon Bagel*^ Cream Cheese^ Water	Bananas Goldfish Crackers* Water

Whole milk is served to children under 2 and 2% milk is served to all others. Menus are subject to change.

\*May contain eggs ^May contain milk (T)=Toddlers WG = Whole Grain