

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

Sept

FEED YOUR CREATIVITY



Announcements:

		1 Tbsp. Peanut Butter 4 Wheat Crackers	1	1 Whole Grain Muffin ½ c Mandarin Oranges	2	¼ c Vanilla Yogurt 1 oz Granola	3		
	½ Soft Pretzel Rod 1 Wild Watermelon Applesauce	7	1 oz String Cheese ½ c Diced Pears	8	¼ c Vanilla Yogurt ½ c Chex Cereal	9	¼ c Gold Fish 4 oz Milk	10	
4 Wheat Crackers ½ oz Sliced Cheese	13	1 Tbsp. Peanut Butter 2 (.5 oz) Graham Crackers*	14	½ c Sliced Banana 1/2 c Strawberry Yogurt	15	½ c Carrot Sticks 1 Tbsp. Ranch Dressing ½ oz String Cheese	16	8 (.05 oz) Animal Crackers 4 oz Milk	17
	Graham crackers are not to be served to children under 1 yr								
½ Soft Pretzel Rod 4 oz Milk	20	2 (.05 oz) Graham Crackers* 1/2 c Vanilla Yogurt	21	1 Tbsp. Peanut Butter ½ c Fresh Apple Slices	22	4 Wheat Crackers 1 slc (.05 oz) Ham	23	½ Whole Grain Muffin 4 oz Milk	24
	Graham crackers are not to be served to children under 1 yr								
½ c Applesauce ¼ c Golf Fish	27	1 pk Teddy Grahams* ½ c Diced Pears	28	1 Tbsp. Peanut Butter 4 Wheat Crackers	29	1 Whole Grain Muffin ½ c Mandarin Oranges	30		
	Graham crackers are not to be served to children under 1 yr								



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
Nutrition Assistance Programs



Updated 1/1/2021
www.SquareMeals.org