

Footsteps@Redwood Creek

September 2021 Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM Snack Yogurt & Granola Lunch Mac and Cheese PM Snack Saltines, Cheese and Turkey	2 AM Snack Cheerios with Milk Lunch Chicken Super Nuggets PM Snack Wheat Thins, Cucumbers and Ranch	3 AM Snack Bagel & Cream Cheese Lunch Penne and Kaley Turkey Meatballs PM Snack Graham Crackers, Apples and Sun Butter
	6 Footsteps Child Care Closed in Honor of Labor Day	7 AM Snack Hard Boiled Egg with Apple Slices Lunch Spinach and Cheese Ravioli PM Snack Sweet Bell Peppers and Hummus	8 AM Snack Mini Blueberry Muffin Lunch Chicken Super Nuggets PM Snack Wheat Thins, Cucumbers and Ranch	9 AM Snack Oatmeal & Raisins Lunch Three Cheese Tortellini with Pesto PM Snack Celery with Cream Cheese and Crackers
13 AM Snack Cheerios with Milk Lunch Penne and Kaley Turkey Meatballs PM Snack Graham Crackers, Apples and Sun Butter	14 AM Snack Graham Crackers & Bananas Lunch Spinach and Cheese Ravioli PM Snack Wheat Thins, Cucumbers and Ranch	15 AM Snack Bagel & Cream Cheese Lunch BBQ Chicken PM Snack Sweet Bell Peppers and Hummus	16 AM Snack Yogurt & Granola Lunch Spinach and Cheese Ravioli PM Snack Saltines, Cheese and Turkey	17 AM Snack Mini Blueberry Muffin Lunch Chicken Super Nuggets PM Snack Ritz Crackers, String Cheese and Edamame
20 AM Snack Hard Boiled Egg with Apple Slices Lunch Three Cheese Tortellini with Pesto PM Snack Sweet Bell Peppers and Hummus	21 AM Snack Oatmeal & Raisins Lunch Penne and Kaley Turkey Meatballs PM Snack Graham Crackers, Apples and Sun Butter	22 AM Snack Cheerios with Milk Lunch Spinach and Cheese Ravioli PM Snack Celery with Cream Cheese and Crackers	23 AM Snack Hard Boiled Egg with Apple Slices Lunch BBQ Chicken PM Snack Wheat Thins, Cucumbers and Ranch	24 AM Snack Chex Cereal and Blueberries Lunch Mac and Cheese PM Snack Saltines, Cheese and Turkey
27 AM Snack Oatmeal & Raisins Lunch Spinach and Cheese Ravioli PM Snack Wheat Thins, Cucumbers and Ranch	28 AM Snack Yogurt & Granola Lunch BBQ Chicken PM Snack Saltines, Cheese and Turkey	29 AM Snack Mini Blueberry Muffin Lunch Mac and Cheese PM Snack Ritz Crackers, String Cheese and Edamame	30 AM Snack Chex Cereal and Blueberries Lunch Penne and Kaley Turkey Meatballs PM Snack Graham Crackers, Apples and Sun Butter	AM Snack Bagel & Cream Cheese Lunch Three Cheese Tortellini with Pesto PM Snack Sweet Bell Peppers and Hummus

Lunch is provided to our subsidized families through:  Each snack is served with water or milk (Whole milk for ages 1-2 and 2% milk for ages 2+) & an in Season Fresh Fruit or Vegetable

Meal:	Served with:
BBQ Chicken	Cheesy Corn Grits and Peas
Mac and Three Cheese	Invisible Butternut Squash and Carrots
Spinach and Cheese Ravioli	Veggie Marinara Sauce
Three Cheese Tortellini	Kale Pesto
Penne and Kaley Turkey Meatballs	Veggie Marinara Sauce and Broccoli
Chicken Super Nuggets	Sweet Potato Mash and Peas
Chicken Super Nuggets	Sweet Potato Carrot Poppers and Broccoli

