



SEPTEMBER 2023 – EFC COON RAPIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 CENTER CLOSED - STAFF INSERVICE DAY
	4 CENTER CLOSED - LABOR DAY HOLIDAY	TUITION DUE 5 CHARGROILED BEEF PATTY WITH KETCHUP ON WG BUN, PEAS, PEARS	STUFFED ANIMAL DAY 6 ITALIAN SPEGHETTI, GREEN BEANS, FRESH APPLE, SOFT APPLE SLICES	7 CHEESY CHICKEN BROCCOLI, WG BREAD STICK, FRESH ORANGE, MANDARIN	VIKINGS DAY 8 CHICKEN FAJITA ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, CARROTS , FRESH BANANA
	11 PIZZA BOWL, CARROTS, PEACHES	BIKE DAY 12 CHILITO ON WG TORTILLA, PEARS	13 BAKED CHICKEN BREAST NUGGETS, PEAS, FRESH APPLE, APPLESAUCE	14 TURKEY CHILI WITH BEANS, WG BREAD STICK, FRESH ORANGE, MANDARINS	TUITION DUE 15 SW CHICKEN ON WG TORTILLIA, ROMAINE AND ICEBERG LETTUCE, DRESSING, GREEN BEANS , FRESH BANANA
	18 CHICKEN SPEGHETTI (WG), GREEN BEANS, PEACHES	19 BBQ CHICKEN ON WG BUN, SQUASH, PEARS	20 TURKEY WILD RICE HOT DISH, CARROTS, FRESH APPLE, SOFT APPLE SLICES	HAT DAY 21 SW LENTILS, WG BREADSTICK, FRESH ORANGE, MANDARIN	22 TURKEY TACOS ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, MIXED VEGGIES , FRESH BANANA
	25 CHICKEN PARMESAN ON WG BUN, GREEN BEANS, PEACHES	BOOK DAY 26 SW PINTO BEANS WG BREADSTICK, PEARS	27 CHICKEN PESTO PASTA, CARROTS, FRESH APPLE, SOFT APPLE SLICES	NEW 28 BEEF STEW WITH POTATOES AND CARROTS, BUTTERMILK BISCUIT, FRESH ORANGE, MANDARIN	PAJAMA DAY 29 CHILITO ON WG TORTILLA, FRESH BANANA
MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children) RED FONT = TODDLER ALT (WG) = WHOLE GRAIN * = CONTAINS PORK					