



# SEPTEMBER 2023 – EFC INVER GROVE HEIGHTS

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