ALDINE EARLY CHILDHOOD / PRE K MENUS

SEPTEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
It's About Us Serving You !	**Menus subject to change due to unforeseen circum-stances (distributor/vendor out-ages, etc.)**	**Visit our website at www.aldinecafe.com for additional Information.**	**Fresh Selection – made with fresh fruit or vegetable** **Whole Grain – made with whole grain ingredients**	
3 	**4** **QUESADILLAS** **W/ BROWN RICE** SEASONED PINTO BEANS CHILLED FRUIT 1% or FAT FREE MILK	**5** **BAKED CHICKEN TENDERS** BROCCOLI W/ CHEESE SAUCE HOT ROLL FRESH FRUIT 1% or FAT FREE MILK	**6** **HAMBURGER ON WHOLE WHEAT BUN** TOSSED SALAD POTATO SMILES CHILLED FRUIT 1% or FAT FREE MILK **THURSDAY TREAT**	**7** **WHOLE-GRAIN CHEESE-STUFFED BREADSTICK** W/MARINARA DIPPING SAUCE STEAMED CARROTS FRESH FRUIT 1% or FAT FREE MILK
10 **BAKED CHICKEN DIPPERS** MASHED POTATOES HOT ROLL FRESH FRUIT 1% or FAT FREE MILK	**11** **BEEF RAVIOLI** W/ BREADSTICK FRESH VEGGIE W/ DRESSING- CHILLED FRUIT 1% or FAT FREE MILK	**12** **WHOLE GRAIN CHEESE PIZZA** STEAMED MIXED VEGETABLES FRESH FRUIT 1% or FAT FREE MILK	**13** **HAMBURGER** TOSSED SALAD OVEN BAKED FRIES CHILLED FRUIT 1% or FAT FREE MILK **THURSDAY TREAT**	**14** **BAKED FISH NUGGETS** GREEN BEANS MACARONI & CHEESE FRESH FRUIT 1% or FAT FREE MILK
17 **TOASTED TURKEY MELT ON WHOLE GRAIN BREAD** SOUP STEAMED CARROTS CHILLED FRUIT 1% or FAT FREE MILK	**18** **WHOLE-GRAIN CHEESE-STUFFED BREADSTICK** W/MARINARA DIPPING SAUCE VEGETABLE BLEND FRESH FRUIT 1% or FAT FREE MILK	**19** **BAKED CHICKEN TENDERS** BROCCOLI W/ CHEESE SAUCE HOT ROLL CHILLED FRUIT 1% or FAT FREE MILK	**20** **HAMBURGER ON WHOLE WHEAT BUN** TOSSED SALAD POTATO SMILES FRESH FRUIT 1% or FAT FREE MILK **THURSDAY TREAT**	**21** **QUESADILLAS** **W/ BROWN RICE** SEASONED PINTO BEANS CHILLED FRUIT 1% or FAT FREE MILK
24 **WHOLE GRAIN TURKEY PIZZA** STEAMED MIXED VEGETABLES FRESH FRUIT 1% or FAT FREE MILK	**25** **SPAGHETTI AND MEATSAUCE** GARLIC BREAD FRESH VEGGIE W/ DRESSING CHILLED FRUIT 1% or FAT FREE MILK	**26** **BAKED CHICKEN DIPPERS** MASHED POTATOES HOT ROLL FRESH FRUIT 1% or FAT FREE MILK	**27** **HAMBURGER** SANDWICH SALAD OVEN BAKED FRIES • CHILLED FRUIT • 1% or FAT FREE MILK **THURSDAY TREAT**	**28** **BAKED FISH NUGGETS** GREEN BEANS MACARONI & CHEESE • FRESH FRUIT • 1% or FAT FREE MILK

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