**First Environments Lunch Menu**

Toddlers: Turtles, Bees, Dragonflies and Lizards

September 11 - 15, 2023

**Monday**

**Breakfast**

HomemadeMixed Berry Muffin (ww) (Bees, Dragonflies, Lizards) or Whole Grain Toasted O’s (Turtles) D’Anjou Pears, Soft Pears, \*Milk

**Lunch**

Homemade Macaroni and Cheese, Broccoli, Pink Lady Apple Slices, Soft Peaches and \*Milk

**Snack**

Mozzarella Cheese Stick, Crackers and Water

**Tuesday**

**Breakfast**

Toasted English Muffins with Grape Jelly, Orange Slices and \*Milk

**Lunch**

Homemade Chicken Soft Taco with Cheese, Corn**,** Fuji Apple Slices or Soft Pears and \*Milk

**Snack**

Whole Grain Graham Crackers and \*Milk

**Wednesday**

**Breakfast**

Homemade Blueberry Muffin (ww), Watermelon and \*Milk

**Lunch**

Homemade Chicken Lo Mein, Peas**,** Pink Lady Apple Slices or Soft Peaches and \*Milk

**Snack**

Whole Grain Cheddar Goldfish Crackers and \*Milk

**Thursday**

**Breakfast**

Toasted Bagel with Cream Cheese, Orange Slices and \*Milk

**Lunch**

Homemade Cheese Pizza on Whole Grain Crust, Green Beans, Fuji Apple Slices or Homemade Cinnamon

Apples and \*Milk

**Snack**

Homemade Banana Bread (ww) and \*Milk

**Friday**

**Breakfast**

Homemade **Zucchini** Bread (ww) Banana and \*Milk

**Lunch**

Homemade Turkey and Provolone Wrap, Organic Baby Carrots with Homemade Ranch Dip**,** Pink Lady Apple Slices or Soft Peaches and \*Milk

**Snack**

Whole Grain Cheez-It Crackers and \*Milk

**\*\*\*All classes will have fresh pears, oranges, watermelon and bananas**. **Turtles/Dragonflies/Lizards will also have fresh apples**. **All classes will have soft vegetables.**

**Menu is subject to change**.

\*Milk served can be Whole, Lactaid, 1%, or Soy Milk.

\*\*Apple juice is made from 100% Fruit Juice. Serving Size is 4 ounces.

\*\*\*Portion Size, Saturated Fats and Sodium are in accordance with Department of Agriculture’s Child and Adult Care Food Program

\*\*\*\*Items in **Color** are made with **Vegetables** grown in the FEELC Gardens

Please email or call us if you have any questions or suggestions

[kenwilliams.feelc@gmail.com](mailto:kenwilliams.feelc@gmail.com) [sueespersen@yahoo.com](mailto:sueespersen@yahoo.com) or call the kitchen at 919-541-2450

\*\*\*\*\*This institution is an Equal Opportunity Provider.