

Monthly Menu: September 2017

The Secret Garden Too serves our snacks and meals "Family Style". Our portion control is up to the child. We serve as much as they want or as little. We encourage them to try a new food each day. Our meals are made fresh each day as well. We use local organic produce as often as we can. If your child has a special diet please be sure to let us know so we can make arrangements to serve you child what he or she needs. Our portions exceed the daily recommendations required by California Community Care Licensing.

**We often use our lunch leftovers for PM snack

***Toddler menu may appear different as we use cooked veggies and items are diced into bite sized portions

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <i>AM Snack : Bagels, cream cheese, grapes, cucumber, apple juice/water</i> <i>LUNCH : Sandwiches (PB&J, tuna,egg), oranges, snap peas, carrots, milk/water</i> <i>PM Snack : Pita chips, fruit, water</i>
4 HOLIDAY - Labor Day	5 <i>AM Snack : English muffin,yogurt, melon, snap peas, apple juice/water</i> <i>LUNCH : Chicken nuggets, pear, broccoli, carrots, milk/water</i> <i>PM Snack : Popcorn, fruit, water</i>	6 <i>AM Snack : Waffles, sliced cheese, strawberries, broccoli, apple juice/water</i> <i>LUNCH : Pasta w/red sauce, melon, carrots, snap peas, milk/water</i> <i>PM Snack: Snack mix, fruit, water</i>	7 <i>AM Snack : Crackers, cream cheese, apple, cucumber, apple juice/water</i> <i>LUNCH : Hot dogs, berries, broccoli, carrots, apple, milk/water</i> <i>PM Snack : Nuts, fruit, water</i>	8 <i>AM Snack : Muffins, hard boiled egg, berries, snap peas, apple juice/water</i> <i>LUNCH : Sandwiches (PB&J, tuna, egg), peaches, carrots, celery, milk/water</i> <i>PM Snack : Pretzels, fruit, water</i>
11 <i>AM Snack: Crackers, sliced cheese, apples, broccoli, apple juice/water</i> <i>LUNCH : Taquitos, grapes, carrots, snap peas, milk/water</i> <i>PM Snack : Cheese crackers, fruit, water</i>	12 <i>AM Snack: Raisen bread, yogurt, pear, cucumber, apple juice/water</i> <i>LUNCH : Pasta w/grilled chicken, oranges, carrot, broccoli, milk/water</i> <i>PM Snack : Pita chips, fruit, water</i>	13 <i>AM Snack: Crackers, cream cheese, melon, snap peas, apple juice/water</i> <i>LUNCH : Quesadilla, melon, carrot, cucumber, milk/water</i> <i>PM Snack : PB pretzels, fruit, water</i>	14 <i>AM Snack : Waffles, hard boiled egg, berries, broccoli, apple juice/water</i> <i>LUNCH : Cheese pizza, apple, carrots, snap peas, milk/water</i> <i>PM Snack : Crackers, PB, fruit, water</i>	15 <i>AM Snack : Bagels, cream cheese, oranges, snap peas, apple juice/water</i> <i>LUNCH : Sandwiches (PB&J, tuna, egg), pear, carrots, broccoli, milk/water</i> <i>PM Snack : Snack mix, fruit, water</i>
18 <i>AM Snack: English muffin, berries, broccoli, apple juice/water</i> <i>LUNCH : Fish sticks, apple, carrots, snap peas, milk/water</i> <i>PM Snack : Crackers, sliced cheese, fruit, water</i>	19 <i>AM Snack : Crackers, cream cheese, oranges, snap peas, apple juice/water</i> <i>LUNCH : Bean and cheese burritos, pear, carrots, cucumber, milk/water</i> <i>PM Snack : Mixed nuts, fruit, water</i>	20 <i>AM Snack : Waffles, yogurt, pear, cucumber, apple juice/water</i> <i>LUNCH : Pasta w/white sauce, melon, broccoli, carrots, milk/water</i> <i>PM Snack : Crackers & PB, fruit, water</i>	21 <i>AM Snack : Muffins, sliced cheese, banana, apple juice/water</i> <i>LUNCH : Taco casserole, berries, green beans, carrots, milk/water</i> <i>PM Snack : Cheese Crackers, fruit, water</i>	22 <i>AM Snack : Crackers, PB, apple, broccoli, apple juice/water</i> <i>LUNCH: Sandwiches (PB&J, tuna, egg), melon, carrots, bell pepper, milk/water</i> <i>PM Snack: Popcorn, fruit, water</i>
25 <i>AM Snack : Raisen bread, PB, apple, snap peas, apple juice/water</i> <i>LUNCH : Hot dogs, oranges, carrots, broccoli, milk/water</i> <i>PM Snack: Pita chips, fruit, water</i>	26 <i>AM Snack : Crackers, cream cheese, pear, broccoli, apple juice/water</i> <i>LUNCH : English muffin pizza, apple, carrots, snap peas, milk/water</i> <i>PM Snack : PB Pretzels, fruit, water</i>	27 <i>AM Snack : Muffin, yogurt, melon, green beans, apple juice/water</i> <i>LUNCH : Chicken nuggets, strawberries, carrots, cucumber, milk/water</i> <i>PM Snack : Cheese crackers, fruit, water</i>	28 <i>AM Snack : Bagels, cream cheese, berries, cucumber, apple juice/water</i> <i>LUNCH : Bean and cheese burritos, pear, carrots, broccoli, milk/water</i> <i>PM Snack : Snack mix, fruit, water</i>	29 <i>AM Snack : Crackers, cheese, oranges, snap peas, apple juice/water</i> <i>LUNCH: Sandwiches (PB&J, tuna, egg), melon, carrots, bell pepper, milk/water</i> <i>PM Snack: Mixed nuts, fruit, water</i>