

SEPTEMBER 2023

Lil' Tiger's Playhouse

Breakfast & Snacks

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast: 1
English Muffins / Grapes/ Milk

Snack:
Parfait Perfection

Breakfast: 4
Whole Grain Pancakes /Milk/Fruit

Snack:
Trail Mix & White Grape Juice

Breakfast: 5
Cereal/ Pears/ Milk

Snack:
Graham Crackers & Strawberries

Breakfast: 6
Eggs /Sausage/ Milk

Snack:
Tootie Fruity Salad / Whole Grail Chex

Breakfast: 7
Toast/Peaches/ Milk

Snack:
Peanut Butter Crackers & Apple Juice

Breakfast: 8
French Toast/ Applesauce/ Milk

Snack:
Cheesy Critters & Berry Banana Cooler

Breakfast: 11
Oatmeal Apple Muffins / Milk

Snack:
Graham Crackers & Yogurt Dip

Breakfast: 12
Cereal / Mandarin Oranges / Milk

Snack:
Banana Smoothie & Wheat Crackers

Breakfast: 13
Banana Nut Bread / Milk

Snack:
Spiced Apple & Raisin Mix

Breakfast: 14
Cereal Munch Mix/ Milk

Snack:
PB&J Sandwich / Apple Juice

Breakfast: 15
Morning Pizza / Milk

Snack:
Graham Crackers & Octopus Bubbles

Breakfast: 18
Whole Grain Pancakes/ Blueberries / Milk

Snack:
Cheesy Critters & Berry Banana Cooler

Breakfast: 19
Toast / Bananas / Milk

Snack:
Cheese Cubes/Quartered Grapes

Breakfast: 20
Oatmeal / Honey Dew/ Milk

Snack:
Tootie Fruity Salad / Whole Grail Chex

Breakfast: 21
English Muffins / Grapes/ Milk

Snack:
Cheese & Whole Grain Crackers

Breakfast: 22
Golden Rays/Milk

Snack:
String Cheese & Carrot Sticks

Breakfast: 25
Berry Bonanza / Milk

Snack:
Banana Surprise & Graham Crackers

Breakfast: 26
Whole Grain Waffles/Peaches/Milk

Snack:
Ham & Cheese Roll-up

Breakfast: 27
Berry Jams/Milk

Snack:
Parfait Perfection

Breakfast: 28
Scrambled Eggs/ Applesauce/ Milk

Snack:
Banana Splitz / Graham Crackers

Breakfast: 29
Sunrise Smoothie / Milk

Snack:
String Cheese & White Grape Juice