

Monday

Tuesday

Wednesday

Thursday

Friday

**3**

AM: Turkey Bacon,  
Wheat Toast & Pear  
Slices

PM: Triscuits and Cherry  
Tomatoes & String  
Cheese

**4**

AM: Egg and Cheese  
Sandwich on English  
Muffin & Raspberries

PM: SunChips &  
Paradise Green  
Smoothie

**5**

AM: Sheet Pancakes &  
Red Grapes

PM: Bugs on a Log  
(Celery, SunButter, and  
Raisin)

**6**

AM: Cheerios & Banana

PM: Ritz Cracker &  
Strawberry Yogurt

**7**

AM: Bran Muffins & Pear

PM: Wheat Thins and  
Apples with Apple Dip

**10**

AM: Kix Cereal  
& Applesauce

PM: Veggie Chips &  
Tropical Smoothie

**11**

AM: Blueberry Waffle &  
Turkey Sausage Link

PM: Veggie Pinwheels

**12**

AM: Breakfast Burrito  
& Kiwi

PM: Cheez-Its & Grapes

**13**

AM: Bagels with Cream  
Cheese & Pineapple

PM: Pretzel Sticks  
& Homemade Hummus

**14**

AM: Banana Bread  
& Vanilla Yogurt

PM: Baked Chips &  
Fresh Salsa

**17**

AM: Rice Chex Cereal  
& Tangerines

PM: Goldfish Crackers  
& Sliced Pears

**18**

AM: English Muffin with  
Strawberry Preserves

PM: Rice Crackers &  
Kale Dip

**19**

AM: French Toast  
Sticks & Chicken  
Sausage Patty

PM: Cinnamon Apple  
Bar &  
Strawberry Smoothie

**20**

**School  
Closed**

**21**

**School  
Closed**

**24**

**School  
Closed**

**25**

**School  
Closed**

**26**

AM: Berry Parfait  
with Granola

PM: Ritz Crackers &  
Garden Blend Dip

**27**

AM: Simple Brown  
Muffins & Banana

PM: Pita Chips &  
Homemade Guacamole

**28**

AM: Mini Pancake Bites  
& Turkey Bacon

PM: SunChips & Peachy  
Keen Cooler

**31**

AM: Rice Krispies  
Cereal & Raisins

PM: Hard Boiled Egg  
& Plums



Organic milk served  
with all meals



## Kids Eat Right Month!

To highlight the role everyone plays in ensuring a healthy future for our nation's children, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™ each August. Kids Eat Right Month focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists to help families shop smart, cook healthy and eat right.

Monday

Tuesday

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Thursday

Friday

**TurtleRock**  
September 2020  
Snack Menu

**1**  
AM: String Cheese,  
Turkey Bacon &  
Raspberries  
  
PM: Animal Crackers &  
Sliced Apples

**2**  
AM: Baked French Toast  
Strips & Applesauce  
  
PM: Raspberry Pineapple  
Smoothie & Goldfish  
Cheddar Crackers

**3**  
AM: Strawberry Yogurt  
& Banana  
  
PM: Ritz Cracker &  
Celery Sticks with  
SunButter

**4**  
AM: Raspberry Scones  
& Peaches  
  
PM: Turkey Tortilla Roll  
Ups & Guacamole

**7**  
**School  
Closed**

**8**  
AM: Homemade  
Cinnamon Rolls &  
Applesauce  
  
PM: Strawberry Citrus  
Smoothie &  
Graham Crackers

**9**  
AM: Pancakes with  
Homemade  
Blueberry Topping  
  
PM: Ritz Cracker with  
SunButter &  
Sliced Pears

**10**  
AM: Bagel with Cream  
Cheese & Peaches  
  
PM: Pretzel Sticks &  
Hummus

**11**  
AM: Cheerios & Kiwi  
  
PM: Homemade  
Trail Mix & Sliced  
Green Grapes



**14**  
AM: Blueberry Muffin  
& Tangerines  
  
PM: Triscuits and  
Cheddar Cubes &  
Mango Chunks

**15**  
AM: Healthy Veggie  
Scrambled Eggs with  
Wheat Toast  
  
PM: Wheat Thins and  
Pineapple Chunks

**16**  
AM: Banana No-Nut  
Bread &  
Turkey Sausage  
  
PM: Nutrition Bar &  
Fresh Broccoli  
with Ranch

**17**  
AM: Raisin Bread Toast &  
Honeydew Chunks  
  
PM: Pita Crackers &  
Fresh Edamame

**18**  
AM: Yogurt Parfait with  
Granola and Berries  
  
PM: Cucumber with Tajin  
& Teddy Grahams

**Nutrition Tip**  
With September being  
Whole Grains month, try  
increasing your whole grain  
intake by snacking on  
ready-to-eat whole grain  
cereals, whole grain  
crackers or popcorn.

**21**  
AM: B.E.S.T.  
Breakfast Sandwich  
  
PM: Honey Graham  
Cracker & Sliced  
Green Grapes

**22**  
AM: English Muffin &  
Peach Preserves  
  
PM: Wheat Thins  
with String Cheese &  
Zucchini Sticks

**23**  
AM: Buttermilk Waffles  
& Kiwi  
  
PM: Strawberry Banana  
Smoothie &  
Cheez-It Crackers


**24**  
AM: Breakfast Fruit Bar  
& Banana  
  
PM: Veggie Chips &  
Cherry Tomatoes

**25**  
AM: Raisin Bran Cereal  
& Blueberries  
  
PM: Snappea Crisp &  
Sliced Apples

**28**  
AM: Oatmeal Muffin  
Squares & Tangerines  
  
PM: Mini Pretzel Sticks  
with String Cheese &  
Cucumber Coins

**29**  
AM: Hard Boiled Eggs  
& Raspberries  
  
PM: Corn Tortilla  
Chips with  
Homemade Guacamole

**30**  
AM: Apple French  
Toast Bake &  
Turkey Bacon  
  
PM: Nila Wafers  
& Blackberries

 Organic milk served  
with all meals