



# KIDS CAFE MENU

## SEPTEMBER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Did you know? 

The United States grows approximately 200 unique apple varieties. Apples are packed with Vitamin C and fiber! Vitamin C helps with the growth and repair of tissues in all parts of your body, while fiber helps keep you full and satisfied.

### Apple Picking Near you

As the weather cools and summer days slip away, pull on your most comfy sweater or your favorite flannel and head to the nearest orchard or farm. Apple season runs from August through October, and Rhode Island offers a variety of options for apple picking. Check out Jaswell Farm, Steere Orchard, Barden Family Orchard, Narrow Lane Orchard, and Sweet Berry Farm this apple season!



**4**  **LABOR DAY**  
SEPTEMBER 4TH

**5** **Ham and Cheese Quesadilla**  
Taco Salad - 4 oz  
Peach Cup - 1 ea  
Water - 1 ea



**6** **Muffin Breakfast**  
Chicken Maple Sausage - 1 ea  
Cucumber Rounds - 4 oz  
Mango Cup - 1 ea  
Chocolate Milk - 1 ea  
Ranch Dip - 2 oz

**7** **Chicken Parm**  
Penne Pasta - 4 oz  
Leafy Green Salad - 4 oz  
Mandarin Cup - 1 ea  
Juice - 6 oz  
Dressing



**1** **Bean Burrito**  
Broccoli - 4 oz  
Chef's Choice Fruit - 1 ea  
Milk - 1 ea  
Ranch Packet - ea

**11** **Pizza Day**  
Leafy Green Salad - 4 oz  
Orange Quarters - 2 ea  
Milk - 1 ea  
Dressing



**12** **Chicken Tacos**  
Whole Wheat Tortillas - 2 ea  
Taco Salad - 4 oz  
Chef's Choice Fruit - 1 ea  
Water - 1 ea

**13** **Waffle Night**  
Chicken Bacon - 2 ea  
Zucchini Rounds - 4 oz  
Watermelon - 4 oz  
Chocolate Milk - 1 ea  
Syrup



**14** **Burger**  
Tater Tots - 4 oz  
Pineapple Cup - 1 ea  
Sliced Cheese - 1 ea  
Juice - 1 ea  
Ketchup, Mustard

**8** **7 Layer Fiesta Dip**  
Whole Wheat Tortilla Chips  
Pear Cup - 1 ea  
Water - 1 ea



**15** **Wow Butter & Jelly**  
Cherry Tomatoes - 4 oz  
Apple Sauce Cup - 1 ea  
Milk - 1 ea  
Chips - 1 ea

**18** **Nacho Bar**  
Tortilla Chips - 2 oz  
Refried Beans - 2 oz  
Taco Salad - 4 oz  
Tropical Fruit Cup - 1 ea  
Nacho Cheese - 2 oz  
Salsa - 2 oz Juice - 6 oz

**19** **Adobo Chicken**  
Corn Bread - 1 ea  
Street Corn Salad - 4 oz  
Peach - 1 ea  
Water - 1 ea

**20** **Breakfast Sandwich**  
English Muffin - 1 ea  
Egg Round - 1 ea  
Bacon Round - 1 ea  
Broccoli - 4 oz  
Chef's Choice Fruit - 1 ea  
Chocolate Milk - 1 ea  
Dip - 1 ea



**21** **Meatball Sub**  
Roll - 1 ea  
Leafy Green Salad - 4 oz  
Fruit Cocktail - 4 oz  
Water - 1 ea  
Dressing

**22** **Tiny Bites Tray**  
Crackers - 6 ea  
Cubed Cheese - 4 oz  
Protein Cubes - 4 oz  
Apple - 1 ea  
Baby Carrots - 4 oz  
Gold Fish Bag - 1 ea  
Milk - 6 oz




**25** **Mediterranean Chicken**  
Flat Bread - 1 ea  
Cherry Tomatoes - 4 oz  
Chef's Choice Fruit - 1 ea  
Juice - 6 oz

**26** **Quesadilla**  
Mexican Street Corn - 4 oz  
Pineapple Cup - 1 ea  
Water - 1 ea  
Dressing

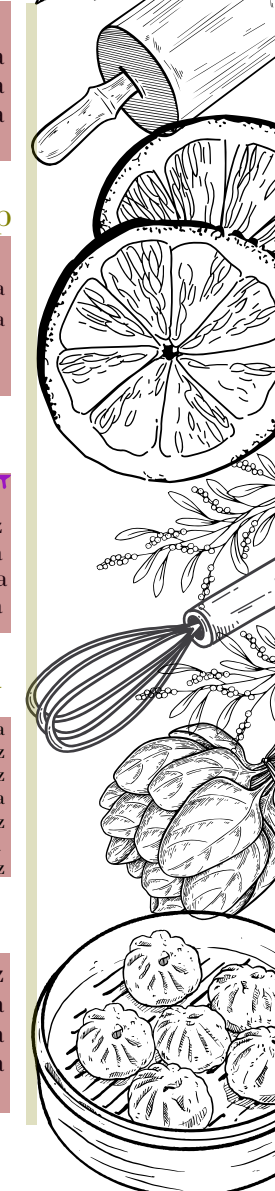


**27** **French Toast**  
Breakfast Sausage - 1 ea  
Baby Carrots - 4 oz  
Melon - 4 oz  
Chocolate Milk - 1 ea  
Syrup

**28** **Ramen Noodles**  
Chopped Chicken - 3 oz  
Steamed Broccoli - 4 oz  
Chef's Choice Fruit - 1 ea  
Juice - 6 oz



**29** **Turkey Wrap**  
Cucumber Rounds - 4 oz  
Stone Fruit - 1 ea  
Water - 1 ea  
Dip - ea



DISCLAIMER: All food is prepared in a facility where dairy, fish, shellfish, soy, peanuts, tree nuts, eggs, wheat, and sesame are processed.