	Site Name: Conneaut	Month: <u>September</u>		
Monday	Tuesday	Wednesday	Thursday	Friday
AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains
PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain
			1 Marshmallow Treat, Cheese Stick, Fruit	2 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit
5 IEADPY A FOR DAY	6 Marshmallow Treat, Cheese Stick, Fruit	7 Cheetos, Cheese Stick, Fruit	8 Cheez-Its, Cheese Stick, Fruit	9 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit
12 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit	13 Cheez-its, Cheese Stick, Fruit	14 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit	15 Cheetos, Cheese Stick, Fruit	16 Marshmallow Treat, Cheese Stick, Fruit
17 Cheez-Its, Cheese Stick, Fruit	18 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit	19 Marshmallow Treat, Cheese Stick, Fruit	20 Cheez-Its, Cheese Stick, Fruit	21 Marshmallow Treat, Cheese Stick, Fruit
24 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit	25 Cheez-Its, Cheese Stick, Fruit	26 Cheetos, Cheese Stick, Fruit	27 Cocoa Puffs Cereal Bar, Cheese Stick, Fruit	28 Marshmallow Treat, Cheese Stick, Fruit

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Eastwood Month: September Monday Wednesday Tuesday **Thursday** Friday AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain 1 2 Nutrigrain Bar, Fruit, Cheese Cheddar Chex, Fruit, Cheese Stick Stick 5 Cheddar Chex, Fruit, Cheese Stick Cinnamon toast Crunch Cereal Marshmallow Treat, Fruit. Cocoa Puffs Cereal Bar, Fruit, Bar, Fruit, Cheese Stick Cheese Stick Cheese Stick HEIAICINA HATEORIO DAY 12 13 15 16 Trix Cereal Bar, Fruit, Cheese Elf Chocolate Grahams, Fruit, Cocoa Puffs Cereal Bar, Fruit, Elf Chocolate Grahams, Fruit, Cinnamon toast Crunch Cereal Stick Cheese Stick Cheese Stick Cheese Stick Bar, Fruit, Cheese Stick 17 18 19 20 21 Nutrigrain Bar, Fruit, Cheese Elf Chocolate Grahams, Fruit, Trix Cereal Bar, Fruit, Cheese Cheddar Chex, Fruit, Cheese Nutrigrain Bar, Fruit, Cheese Stick Cheese Stick Stick Stick Stick 24 25 26 27 28 Cocoa Puffs Cereal Bar, Fruit, Cinnamon toast Crunch Cereal Marshmallow Treat, Fruit, Trix Cereal Bar, Fruit, Cheese Cheese Stick Elf Chocolate Grahams, Fruit, Bar, Fruit, Cheese Stick Cheese Stick Stick Cheese Stick

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Elmwood Month: September Monday Tuesday Wednesday **Thursday** Friday AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain 1 2 AM: Trix Cereal, Cinnamon AM: Cheerios, Cocoa Puffs Toast Crunch Cereal Bar, Fruit, Cereal Bar, Fruit, Milk Milk PM: Tiger Bites, Fruit, Cheese PM: Cocoa Puffs Cereal Bar, stick Fruit, Cheese stick 8 AM: Cinnamon Toast Crunch AM: Cheerios, Cocoa Puffs AM: Trix Cereal, Cinnamon AM: Cocoa Puffs Cereal, Trix Cereal, Trix Cereal Bar, Fruit, Cereal Bar, Fruit, Milk Toast Crunch Cereal Bar, Fruit, Cereal Bar, Fruit, Milk Milk PM: Strawberry Yogurt Chex Milk PM: Cheez-Its, Fruit, Cheese PM: Nutrigrain Bar, Fruit, Cheese Mix, Fruit, Cheese Stick PM: Baked Cheetos, Fruit, Stick Stick Cheese Stick 12 13 14 15 16 AM: Cinnamon Toast Crunch AM: Cheerios, Cinnamon Toast AM:Trix Cereal, Cocoa Puffs AM: Cocoa Puffs Cereal, Trix AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar. Crunch Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk PM: Chocolate Chip Oat Bar, PM: Nutriarain Bar. Fruit. PM: Cheez-Its, Fruit, Cheese Fruit, Milk PM: Cheddar Chex Mix, Fruit, Fruit, Cheese Stick Cheese Stick Stick PM: Cheddar Chex Mix, Fruit. Cheese Stick Cheese Stick 17 18 19 20 21 AM:Cheerios, Trix Cereal Bar, AM: Trix Cereal, Cinnamon Toast AM: Cocoa Puffs Cereal, Trix AM: Cinnamon Toast Crunch AM: Cheerios, Cinnamon Toast Fruit, Milk Crunch Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal, Cocoa Puffs Cereal Bar, Crunch Cereal Bar, Fruit, Milk PM: Nutrigrain Bar, Fruit, PM: Baked Cheetos. Fruit. PM: Chocolate Chip Oat Bar, Fruit, Milk PM: Cheez-Its, Fruit, Cheese Cheese Stick Cheese Stick Fruit, Cheese Stick PM: Cheddar Chex Mix, Fruit. Stick Cheese Stick 24 25 26 27 28 **AM:Trix Cereal, Cinnamon Toast** AM: Cocoa Puffs Cereal, Trix AM: Cinnamon Toast Crunch AM: Cheerios, Trix Cereal Bar, AM: Trix Cereal, Cinnamon Crunch Cereal Bar, Fruit, Cheese Cereal Bar, Fruit, Milk Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk Toast Crunch Cereal Bar, Fruit, Stick PM: Nutrigrain Bar, Fruit, Cheese Fruit, Milk PM: Chocolate Chip Oat Bar, Milk PM: Cheddar Chex Mix, Fruit, Stick PM: Baked Cheetos, Fruit, Fruit. Cheese Stick PM: Nutrigrain Bar, Fruit, Cheese Stick Cheese Stick Cheese Stick

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Month: September Monday Tuesday Wednesday **Thursday** Friday AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain 1 Nutrigrain bar, Fruit, Cheese Cinnamon Toast Crunch Cereal Stick Bar, Fruit, Cheese Stick 5 Cheddar Chex Mix, Fruit, Cheese Trix Cereal Bar, Fruit, Cheese Marshmallow Treat. Fruit. Nutrigrain bar, Fruit, Cheese Stick Stick Cheese Stick Stick BUATELY AROR DAY 12 13 14 15 16 Cheetos, Fruit, Cheese Stick Trix Cereal Bar, Fruit, Cheese Cheddar Chex Mix, Fruit, Cheese Trix Cereal Bar, Fruit, Cheese Marshmallow Treat, Fruit, Stick Stick Stick Cheese Stick 17 18 19 21 Cocoa Puffs Cereal Bar, Fruit, Cheetos, Fruit, Cheese Stick Marshmallow Treat, Fruit, Cocoa Puffs Cereal Bar, Fruit, Cheddar Chex Mix, Fruit, Cheese **Cheese Stick** Cheese Stick **Cheese Stick** Stick 24 25 26 27 28 Cheetos, Fruit, Cheese Stick Trix Cereal Bar, Fruit, Cheese Cheddar Chex Mix, Fruit, Cheese Trix Cereal Bar, Fruit, Cheese Marshmallow Treat, Fruit, Stick Stick Stick Cheese Stick

Site Name: Kenwood

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Lake Month: September Monday Tuesday Wednesday Thursday Friday AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain 1 Cheddar Chex Mix. Fruit Cinnamon Toast Crunch Cereal Cheese Stick Bar, Fruit, Cheese Stick 5 Bug Bites, Fruit, Cheese Stick Cocoa Puffs Cereal Bar, Fruit, Marshmallow Treat, Fruit, Bug Bites, Fruit, Cheese Stick Cheese Stick Cheese Stick TENAL ENGINEERS AND STATE 12 13 14 Cheddar Chex, Fruit, Cheese Cinnamon Toast Crunch Cereal Bug Bites, Fruit, Cheese Stick Trix Cereal Bar, Fruit, Cheese Cheddar Chex, Fruit, Cheese Stick Bar, Fruit, Cheese Stick Stick Stick **17** 18 19 21 Bug Bites, Fruit, Cheese Stick Trix Cereal Bar, Fruit, Cheese Cheddar Chex, Fruit, Cheese Bug Bites, Fruit, Cheese Stick Marshmallow Treat. Fruit. Stick Stick Cheese Stick 24 26 Cheddar Chex, Fruit, Cheese Bug Bites, Fruit, Cheese Stick Marshmallow Treat. Fruit. Trix Cereal Bar, Fruit, Cheese Bug Bites, Fruit, Cheese Stick Stick Cheese Stick Stick

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Northwood Month: September Monday Tuesday Wednesday Thursday **Friday** AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain 1 Cheddar Chex mix, Fruit. Chocolate Chip Oat Bar, Fruit, Cheese Stick Cheese Stick 5 Scooby Grahams, Fruit, Cheese Trix Cereal Bar, Fruit, Cheese Cheez-Its, Fruit, Cheese Stick Marshmallow Treat, Fruit, Stick Stick Cheese Stick I A PRINT A FOR DAY 12 13 14 15 16 Gold Fish, Fruit, Cheese Stick Scooby Grahams, Fruit, Cheese Cinnamon Toast Crunch Cereal Scooby Grahams, Fruit, Cheese Elf Chocolate Grahams, Fruit, Stick Bar, Fruit, Cheese Stick Stick Cheese Stick 17 18 19 20 Gold Fish, Fruit, Cheese Stick Scooby Grahams, Fruit, Cheese Gold Fish, Fruit, Cheese Stick Trix Cereal Bar, Fruit, Cheese Scooby Grahams, Fruit, Cheese Stick Stick Stick 24 25 26 27 28 Cheez-Its, Fruit, Cheese Stick Scooby Grahams, Fruit, Cheese Gold Fish, Fruit, Cheese Stick Cinnamon Toast Crunch Cereal Scooby Grahams, Fruit, Cheese Stick Bar, Fruit, Cheese Stick Stick

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Rossford Month: September Monday Tuesday Wednesday Thursday Friday AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains PM- **Serve child the following: 1 Fruit and 1 Grain AM: Cinnamon Toast Crunch AM: Trix Cereal, Cinnamon Cereal, Trix Cereal Bar, Fruit. Toast Crunch Cereal Bar, Fruit. Milk Milk PM: Cinnamon Toast Crunch PM: Nutrigrain Bar, Fruit. Cereal Bar, Fruit, Cheese stick Cheese stick 5 AM: Cinnamon Toast Crunch AM: Cheerios, Trix Cereal Bar, AM: Trix Cereal, Cinnamon AM: Cocoa Puffs Cereal, Trix Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk Toast Crunch Cereal Bar, Fruit, Cereal Bar. Fruit. Milk Fruit. Milk PM: Baked Cheetos, Fruit. Milk PM: Marshmallow Treat, Fruit. PM: Chocolate Elf Grahams. Cheese Stick PM: Scooby Grahams, Fruit, Cheese Stick Fruit, Cheese Stick Cheese Stick ISIABBY ABOR DAY 13 14 15 16 AM:Cinnamon Toast Crunch AM: Cheerios, Cinnamon Toast AM: Trix Cereal, Cocoa Puffs AM:Cocoa Puffs Cereal, Trix AM:Cinnamon Toast Crunch Cereal, Nutrigrain bar, Fruit. Crunch Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal, Cocoa Puffs Cereal Bar, Milk PM: Cheez-its, Fruit, Cheese Stick PM: Goldfish, Fruit, Cheese Stick PM: Chocolate Elf Grahams, Fruit, Milk PM: Cheddar Chex Mix, Fruit. Fruit, Cheese Stick PM: Cheddar Chex Mix, Fruit, Cheese Stick Cheese Stick 17 18 19 20 21 **AM: Cheerios, Cocoa Puffs** AM: Trix Cereal, Cinnamon Toast AM: Cocoa Puffs, Cinnamon AM: Cinnamon Toast Crunch AM: Cheerios, Cocoa Puffs Cereal Bar, Fruit, Milk Crunch Cereal Bar, Fruit, Milk Toast Crunch Cereal Bar, Fruit, Cereal, Trix Cereal Bar, Fruit, Cereal Bar, Fruit, Milk PM: Cheez-its, Fruit, Cheese PM: Cheddar Chex Mix, Fruit, Milk Cheese Stick PM: Goldfish, Fruit, Cheese Stick Stick Cheese Stick PM: Scooby Grahams, Fruit, PM: Baked Cheetos, Fruit, Cheese Stick Cheese Stick 24 26 27 28 **AM: Trix Cereal, Cinnamon Toast** AM: Cocoa Puffs Cereal, Trix AM: Cinnamon Toast Crunch AM: Cheerios, Cinnamon Toast AM: Trix Cereal, Cinnamon Crunch Cereal Bar, Fruit, Milk Cereal Bar, Fruit, Milk Cereal, Trix Cereal Bar, Fruit. Crunch Cereal Bar, Fruit, Milk Toast Crunch Cereal Bar, Fruit, PM: Cheddar Chex Mix, Fruit, PM: Cinnamon Toast Crunch Milk PM: Cheez-its, Fruit, Cheese Cheese Stick Cheese Stick Cereal Bar, Fruit, Cheese Stick PM: Goldfish, Fruit, Cheese Stick Stick PM: Chocolate Elf Grahams,

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.

Site Name: Rossford Canine Crew Month: September

Mondou	Tuesday	NAZ-A		
Monday	Tuesday	Wednesday	Thursday	Friday
AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains	AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains
PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain	PM- **Serve child the following: 1 Fruit and 1 Grain
				Have far will account and
19 Scooby Grahams, Fruit, Cheese Stick	20 Cheez Its, Fruit, Cheese Stick	21 Marshmallow Treat, Fruit, Cheese Stick	22 Munchies, Fruit, Cheese Stick	
26 Marshmallow Treat, Fruit, Cheese Stick	27 Scooby Grahams, Fruit, Cheese Stick	28 Munchies, Fruit, Cheese Stick	29 Marshmallow Treat, Fruit, Cheese Stick	

^{* *}Breakfast--offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

^{**}Snack—serve 2 items from different component areas.