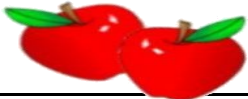

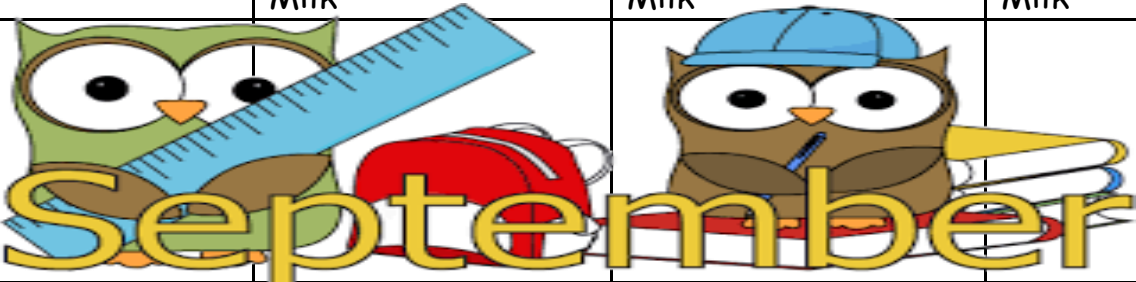


Friendship House of Crystal Lake September 2019 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
2 CLOSED	3 Cereal Apple Slices Milk	4 Waffles Pears Milk	5 Banana Bread Mini Loaf w/ butter Banana Milk	6 Scrambled Eggs Hash Browns Milk
9 Bagel Strawberry Cream Orange Slices Milk	10 Cereal Apple Slices Milk	11 Pancakes Pears Milk	12 Yogurt Granola Cheese Banana Milk	13 French Toast Peaches Milk
16 Breakfast Quesadilla Orange Slices Milk	17 Cereal Apple Slices Milk	18 Waffles Pears Milk	19 Apple Cinnamon Muffin Banana Milk	20 Homestyle Biscuit w/ Cinnamon Butter Peaches Milk
23 Bagel & Strawberry Cream Cheese Orange Slices Milk	24 Cereal Apple Slices Milk	25 Pancakes Pears Milk	26 Yogurt Granola Banana Milk	27 French Toast Peaches Milk
30 Home Style Biscuit Orange Slices Milk	  <h1 style="font-size: 4em; margin: 0;">September</h1>			

Infants 12month-Toddlers 24month whole Whole Milk - Children older than 24 months offered 1% milk

Friendship House of Crystal Lake September 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
2 CLOSED	3 Bologna & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	4 Chicken on a Bun Mashed Potatoes Corn on the Cob Pears Milk	5 Rotini & Meat Sauce Garlic Bread Pineapple Green Beans Green Salad Milk	6 Tuna Sandwich Apple Slices Peas Cucumber Slices Milk
9 Cheese Quesadilla Peas Carrots Tropical Fruit Milk	10 Turkey & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	11 Hot Dog on a Whole Wheat Bun Cream Corn Waffle Fries Pears Milk	12 Chicken Alfredo Green Salad Green Beans Orange Slices Milk	13 Fish Stick Buttered Rice Apple Slices Peas Cucumber Slices Milk
16 Turkey Cheeseburger Mac Tropical Mixed Fruit Peas Carrots Milk	17 Ham & Cheese Sandwich Chicken Rice Soup Orange Slices, Broccoli, Cauliflower, Milk	18 Sloppy Jo on a Whole Wheat Bun Sweet Potato Fries Cream Corn Pears Milk	19 Cheese Pizza Green Salad Green Beans Orange Slices Milk	20 Cheese Tortellini w/ Red Sauce Apple Slices Peas Cucumber Slices Milk
23 Chicken Fajita with Red & Green Peppers Soft Flour Tortilla Carrot Sticks Tropical Mixed Fruit Milk	24 Turkey & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	25 Burger on a Whole Wheat Bun Pork and Beans Corn on the Cob Pears Milk	26 Buttered Pasta w/ Broccoli & Parmesan Cottage Cheese Green Salad Orange Slices Milk	27 Fish Treats Buttered Rice Apple Slices Peas Cucumber Slices Milk
30 Chicken Strips Green Salad Cucumber Tropical Mixed Fruit Garlic Bread Milk				

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1%

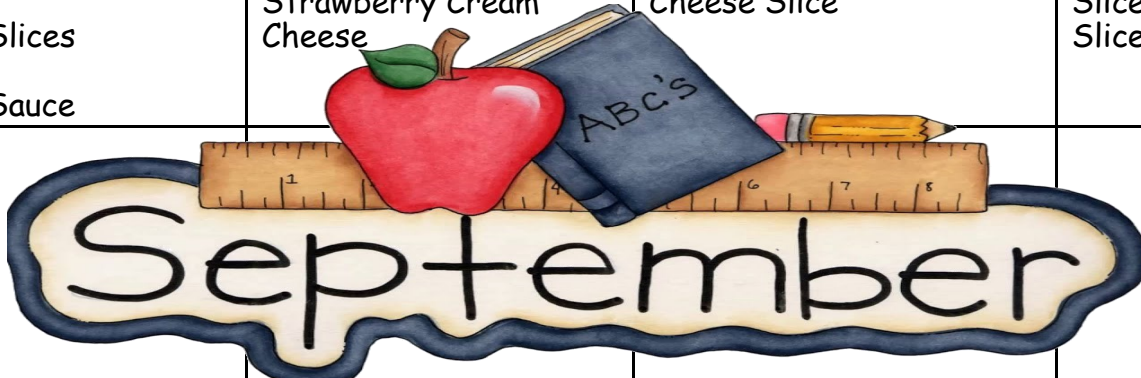
Friendship House of Crystal Lake September 2019

Infant, Toddler, 2 year old Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
2 CLOSED	3 Meatball Sandwich Tropical Mixed Fruit Carrots Milk	4 BBQ Chicken on a Bun Mashed Sweet Potatoes Pears, Milk	5 Rotini & Meat Sauce Garlic Bread Pineapple Green Beans Milk	6 Tuna Sandwich Apple Slices Peas Milk
9 Cheese Quesadilla Peas Tropical Fruit Milk	10 Turkey & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli Milk	11 Burger on a Bun Cream Corn Pears Milk	12 Chicken Alfredo Green Beans Orange Slices Milk	13 Fish Stick Buttered Rice Peas Apple Slices Milk
16 Turkey Cheeseburger Mac Tropical Mixed Fruit Peas Milk	17 Ham & Cheese Sandwich Chicken Rice Soup Orange Slices, Broccoli Milk	18 Sloppy Jo on a Whole Wheat Bun Sweet Potato Fries Pears Milk	19 Cheese Pizza Green Beans Orange Slices Milk	20 Cheese Tortellini w/ Red Sauce Peas Apple Slices Milk
23 Chicken Fajita with Red & Green Peppers Soft Flour Tortilla Carrots Tropical Mixed Fruit Milk	24 Turkey & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli Milk	25 Burger on a Whole Wheat Bun Pork and Beans Pears Milk	26 Buttered Pasta w/ Broccoli & Parmesan Cottage Cheese Green Beans Orange Slices Milk	27 Fish Treats Buttered Rice Peas Apple Slices Milk
30 Chicken Strips Cucumber slices Tropical Mixed Fruit Garlic Bread Milk				

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1% milk

Friendship House of Crystal Lake September 2019 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
2 <u>CLOSED</u>	3 <u>AM</u> Mini Bagel & Jelly Milk <u>PM</u> Cottage Cheese Pineapple Water	4 <u>AM</u> Strawberries Milk <u>PM</u> Hard Boiled Egg Pretzel Sticks	5 <u>AM</u> Apple Slices & Cheese Water <u>PM</u> Tropical Fruit Mix Yogurt	6 <u>AM</u> Ritz Strawberry Cream Chees <u>PM</u> Carrot Sticks Cream Cheese Tods Ritz & Cream Che
8 <u>AM</u> Apple cinnamon O's Milk <u>PM</u> Cinnamon Apple Sauce, Granola Water	9 <u>AM</u> Jelly on Slice of Bread Milk <u>PM</u> Cucumber Slices Pita Cucumber Sauce	10 <u>AM</u> Granola Milk <u>PM</u> Apple Slices w/ Strawberry Cream Cheese	11 <u>AM</u> Banana Granola <u>PM</u> Pretzel Sticks Cheese Slice	12 <u>AM</u> Orange Slices Milk <u>PM</u> Wheat Cracker Slice of Cheese Slice of Turkey
15 <u>AM</u> Granola Milk <u>PM</u> String Cheese Ritz	16 <u>AM</u> Mini Bagel & Jelly Milk <u>PM</u> Cottage Cheese Peaches Water	17 <u>AM</u> Strawberries Milk <u>PM</u> Hard Boiled Egg Pretzel sticks	18 <u>AM</u> Apple Slices & Cheese Water <u>PM</u> Tropical Fruit Mix Yogurt	19 <u>AM</u> Ritz Strawberry Cream Cheese <u>PM</u> Carrot Sticks Cream Cheese Tods Ritz & Cream Che
23 <u>AM</u> Apple Cinnamon O's Milk <u>PM</u> Cinnamon Apple Sauce, Granola Water	24 <u>AM</u> Jelly on Slice of Bread Milk <u>PM</u> Cucumber Slices Pita Cucumber Sauce	25 <u>AM</u> Granola Milk <u>PM</u> Apple Slices w/ Strawberry Cream Cheese	26 <u>AM</u> Banana Granola <u>PM</u> Pretzel Sticks Cheese Slice	27 <u>AM</u> Orange Slices Milk <u>PM</u> Wheat Cracker Slice of Cheese Slice of Turkey
30 <u>AM</u> Granola Milk <u>PM</u> String Cheese Ritz				

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1% milk