



YMCA AFTERSCHOOL CARE

SEPTEMBER MENU



This institution is an equal opportunity provider. Menus are subject to change.

Snack

Monday	Tuesday	Wednesday	Thursday	Friday
7 LABOR DAY HOLIDAY	8 Chex Strawberry Yogurt Mix ^(WG) 100% Fruit Juice	9 Baked Chips ^(WG) 100% Fruit Juice	10 Fruit Yogurt 100% Fruit Juice	11 Reduced Sugar Cinnamon Toast Crunch ^(WG) Assorted Skim Milk
14 Chocolate Chip Granola Bar ^(WG) 100% Fruit Juice	15 Cheez-Itz ^(WG) 100% Fruit Juice	16 Chocolate Chip Muffin ^(WG) 100% Fruit Juice	17 Baked Chips ^(WG) 100% Fruit Juice	18 Reduced Sugar Lucky Charms ^(WG) Assorted Skim Milk
21 Chex Strawberry Yogurt Mix ^(WG) 100% Fruit Juice	22 Baked Chips ^(WG) 100% Fruit Juice	23 Breakfast Bread ^(WG) 100% Fruit Juice	24 Fruit Yogurt 100% Fruit Juice	25 Reduced Sugar Cinnamon Toast Crunch ^(WG) Assorted Skim Milk
28 Chocolate Chip Granola Bar ^(WG) 100% Fruit Juice	29 Cheez-Itz ^(WG) 100% Fruit Juice	30 Chocolate Chip Muffin ^(WG) 100% Fruit Juice	1 Baked Chips ^(WG) 100% Fruit Juice	2 Reduced Sugar Lucky Charms ^(WG) Assorted Skim Milk

Snack Schools: Center Hill Elementary, Hernando Elementary, Hernando Hills Elementary, Oak Grove Central, DeSoto Central Primary, DeSoto Central Elementary, Pleasant Hill Elementary, Lewisburg Primary, Lewisburg Elementary

Super Snack

Monday	Tuesday	Wednesday	Thursday	Friday
7 LABOR DAY HOLIDAY	8 Cheeseburger ^(WG) Tater Tots Chilled Fruit Assorted Skim Milk	9 Grilled Chicken Sandwich ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	10 Beefy Tater Tachos Garlic Toast ^(WG) Chilled Fruit Assorted Skim Milk	11 Chicken Tender Wrap ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
14 Mozzarella Cheese Sticks ^(WG) with Marinara Sauce Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	15 Sausage, Egg, and Cheese ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	16 Cheese Pizza ^(WG) Garden Salad Chilled Fruit Assorted Skim Milk	17 BBQ Chicken Nachos ^(WG) Corn Salad Chilled Fruit Assorted Skim Milk	18 Cereal ^(WG) & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
21 Cheeseburger ^(WG) Tater Tots Chilled Fruit Assorted Skim Milk	22 Cheese Pizza ^(WG) Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	23 Grilled Chicken Sandwich ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	24 BBQ Pulled Pork Nachos ^(WG) Zesty Salsa & Chips Chilled Fruit Assorted Skim Milk	25 Chicken Tender Wrap ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
28 Mozzarella Cheese Sticks ^(WG) with Marinara Sauce Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	29 Sausage, Egg, and Cheese ^(WG) 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	30 Chicken Nuggets ^(WG) Garden Salad Chilled Fruit Assorted Skim Milk	1 Cheese Pizza ^(WG) Green Pea Salad Chilled Fruit Assorted Skim Milk	2 Cereal ^(WG) & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk

Super Snack Schools: Horn Lake Elementary, Horn Lake Intermediate, Hope Sullivan Elementary, Shadow Oaks Elementary, Southaven Elementary, Southaven Intermediate, Greenbrook Elementary, Walls Elementary, Lake Cormorant Elementary, Chickasaw Elementary, Olive Branch Elementary, Olive Branch Intermediate, Overpark Elementary