



The Tiny Tots Spot
 112 Lee Avenue New Brunswick, NJ 08901 (732) 448-1159
 September 2022

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Frist Day Staff Training	Staff Professional Development
Lunch				9/1 - School Closed	9/2 - School Closed
P.M. snack					
Breakfast	Labor Day	9/6 - 1% Milk – Pancakes, turkey sausage, plums	9/7 - 1% Milk- Blueberry muffins, mandarins	9/8 - 1% Milk - Rice Krispies cereal, banana	9/9 - 1% Milk - Bagel with Cream cheese, apples
Lunch	9/5-School Closed	9/6 - 1% Milk - Cheese pizza, garden salad (lettuce, tomato, cucumbers) mandarins	9/7 - 1% Milk – Swedish turkey meatballs, mash potatoes, steam broccoli, oranges	9/8 - 1% Milk - Mac and cheese, dinner roll, green beans, plums	9/9 - 1% Milk - Turkey sandwich, cheese, lettuce, tomatoes, cantaloupe
P.M. Snack		9/6 - Cheese it's fruit juice	9/7 - Saltine crackers apple juice	9/8 - Veg. chips grape juice	9/9 – Pretzels, fruit juice
Breakfast	9/12- 1% Milk, English muffin, cheese, turkey bacon, egg, pineapples	9/13 - 1% Milk-Honey Kix cereal, bananas	9/14 - 1% Milk - French toast, turkey bacon, honeydew	9/15 - 1% Milk-Cheerios Cereal, oranges	9/16 - 1% Milk - Bacon, egg and cheese sandwich, banana
Lunch	9/12 - 1% Milk - Chicken nuggets, French fries, carrots and peas, oranges	9/13 - 1% Milk - Mozzarella cheese sticks, green salad (lettuce, tomato, cucumbers) w/ranch dressing, pineapple	9/14 - 1% Milk – Spaghetti w/ beef meatballs, garlic bread, green peas, apple slices	9/15 - 1% Milk – Turkey & cheese sandwich, lettuce, tomatoes, apples	9/16 - 1% Milk – Chicken parmigiana, mixed vegetables (carrots, peas) dinner roll, plum
P.M. Snack	9/12- Veg. chips apple juice	9/13 - Belly bears graham crackers grape juice	9/14- Saltine crackers apple juice	9/15- Cheese its grape juice	9/16 - Vanilla wafers fruit juice
Breakfast	9/19 - 1% Milk – Waffles, turkey bacon, peach	9/20 - 1% Milk – Bagel with Cream cheese, apples	9/21 - 1% Milk – French toast, turkey bacon, plums	9/22 - 1% Milk – Scrambled eggs with cheese, hash browns, tangerines	9/23 - 1% Milk – Cheerios cereal, banana
Lunch	9/19 - 1% Milk -Chicken tenders, yellow rice, steam broccoli, mandarins	9/20 - 1% Milk – perogies w/turkey, dinner roll, string beans, pineapple	9/21 - 1% Milk – Ham and Cheese sandwich, lettuce, tomato, fries, cantaloupe	9/22 - 1% Milk - Swedish turkey meatballs, mash potatoes, steam broccoli, oranges	9/23 - 1% Milk - Grilled cheese sandwich, carrots and peas, mandarins
P.M. Snack	9/19 - Saltine crackers, grape juice	9/20 - Belly bears, apple juice	9/21- Veg. chips, fruit juice	9/22- Vanilla wafers, grape juice	9/23 – Cheese it's crackers, fruit juice
Breakfast	Rosh Hashanah	9/27- 1% Milk - Corn flakes cereal ½ banana	9/28 - 1% Milk – Pancake, scrambled egg, pears	9/29 - 1% Milk - bagel and cream cheese sliced apples	9/30 - 1% Milk - English muffin sunny side up eggs turkey sauce mandarins
Lunch	9/26 - School Closed	9/27- 1% Milk - Spaghetti w/ beef meatballs, garlic bread, green peas, apple slices	9/28 - 1% Milk - Cheese pizza, garden salad (lettuce, tomato, cucumbers) mandarins	9/29 - 1% Milk- Meatloaf mash potatoes, dinner roll, string beans, pears	9/30 - 1% Milk - -Mozzarella cheese sticks, green salad (lettuce, tomato, cucumbers) w/ranch dressing, pineapple
P.M. Snack		9/27 - Pretzels grape juice	9/28 - Vanilla wafer apple juice	9/29 - cheese its fruit juice	9/30 - Veg. chips apple juice

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