September 2025 Menu

Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5
(V) – Vegan (GF) – Gluten Free * gluten free substitution available **LABOR DAY NO SCHOOL**	Buttermilk Waffles Greek Yoghurt and Berry Jam, Fresh Sliced Pineapple - Cheesy Vegetable Pasta Roasted Broccoli Fresh Watermelon Slices - Vegetables with Tzatziki Sauce	Cheese Omelet with Tomatoes Buttermilk Biscuits Steamed Broccoli - Breaded Chicken Cutlets Tomato Sauce Garden Salad Fresh Pineapple - Apple Cinnamon Muffins Grapes and Watermelon	Roasted Potatoes Strawberry Smoothie Bowl with Granola and Apple Slices - (v) (GF) Lubia Polo Rice Dish Yoghurt Tzatziki Sauce Sliced Melon - Carrots and Cucumber Slices with Tzatziki	(GF)Oatmeal Pancakes, Strawberry Jam, Sliced Apples, - Turkey Meatballs, Quinoa, Roasted Carrots and Broccoli Watermelon - Fruit Salad Cheese and Crackers
Monday 9/8	**Tuesday 9/9**	**Wednesday 9/10**	**Thursday 9/11**	**Friday 9/12**
Strawberry Banana Oatmeal Watermelon Slices - Baked Chicken Breast (GF) (V)Chickpea Fritters Cilantro Lime Rice Roasted Broccoli - Toast with Strawberry Jam and Hummus	Cheese Omelet with Tomatoes Buttermilk Biscuits Steamed Broccoli - (V)Black Bean Sweet Potato Veggie Burger Dinner Roll Sliced Veg & Tzatziki - Apple Cinnamon Muffins	Banana Pancakes, Strawberry Chia Pudding, Greek Yoghurt, Apple Slices - (V) *Spinach Pesto Pasta Tomato, Cucumber, Mozzarella Salad Watermelon - Oatmeal Fruit Bar Fruit Smoothie	Roasted Potatoes Strawberry Smoothie (GF) Granola, Apples - Apple Cheddar Chicken Breast Wraps, Vegetable, Hummus, Cantaloupe - *Banana Bread Cream Cheese Banana Slices	*Banana Bread Cream Cheese Fruit Salad Turkey Sausage Patties - Beef Taco Bowl, Cilantro Lime Rice, Black Beans, Cheese and Tomatoes - Bananas Greek Yoghurt

Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
Buttermilk Pancakes with Fresh Berries Greek Yoghurt Strawberry Jam Turkey Sausage - Turkey Meatballs Roasted Sweet Potatoes, Quinoa, Broccoli Tzatziki Sauce - Vegetables with Tzatziki Sauce	Banana Bread with Cream Cheese Scrambled Eggs Apple Slices - (V)Broccoli Cheddar Soup Focaccia Bread Steamed Green Beans Apple Slices - Cheese & Crackers Grapes	Spinach Tomato Parmesan Frittata Corn Bread Muffins Cantaloupe - Chicken Quesadillas with Peppers and Onions Avocado, Grape Tomatoes - Yoghurt Parfait with Fresh Fruit Compote and Granola	Greek Yoghurt Parfait Banana Chia Pudding (GF) Granola Berries - (GF)(V) Chickpea Fritters Tzatziki Sauce Carrots, Cucumbers, Celery - Pretzels & Carrots with Hummus	Roasted Potatoes with Cheese Scrambled Eggs Fruit Salad - *Red Sauce Pasta Beef Meatballs Garlic Green Beans Fruit Salad - Oatmeal Chocolate Chip Muffins Apple Slices
Monday 9/22	**Tuesday 9/23**	**Wednesday 9/24**	**Thursday 9/25**	**Friday 9/26**
French Toast Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs and Chicken) Watermelon Slices - Cucumbers and Carrots with Hummus	Roasted Potatoes with Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa Roasted Cauliflower Cantaloupe - Chocolate Zucchini Muffin Fruit Salad	Buttermilk Waffles Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad Apple Slices - Fresh Fruit Smoothie	Buttermilk Biscuits Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot with Hummus - Banana Bread With Cream Cheese	Strawberry Chia Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day! Cheese, Vegetable Fruit Salad - Cheese & Crackers Grapes

Monday 9/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29
Buttermilk Waffles with Fresh Berries and Bananas, Hard Boiled Eggs, Fruit Smoothie - Steamed Broccoli Baked Chicken Breast Mashed Potatoes Cantaloupe - Banana Bread with Cream Cheese Grapes	Roasted Potatoes, Greek Yoghurt, Watermelon, Chicken Sausage - Turkey Taco Bowl Cucumber Tomato Salad Spanish Tomato Rice - Celery, Cucumbers, Carrots, Peppers Tzatziki Sauce	Warm Cinnamon Oatmeal, Sauteed Apples, Greek Yoghurt, Bananas - Creamy Pasta Carbonara with Peas Garlic Green Beans Fresh Grapes - (GF, Egg Free) Banana Bread, Apple Slices	(GF, Egg Free) Banana Bread, Turkey Sausage, Greek Yoghurt, Watermelon - Chicken, Vegetable and Rice Soup Focaccia Bread Garden Salad - Celery, Cucumbers, Carrots, Peppers Tzatziki Sauce	Roasted Sweet Potato with Cheese, Tomato, Peppers, Onions Greek Yoghurt - Breaded Chicken Cutlets, (**v**) Breaded Eggplant, with Red Sauce Quinoa Steamed Green Beans - Cucumbers and Carrots with Hummus

Lubia Polo- Persian Green Beans and Rice Dish, Vegetarian or with Ground Turkey

Adas Polo- Persian Lentil and Rice dish, made vegetarian or with ground beef

Highlights From August Menu at Kindernest

Turkey Meatballs, Watermelon Slices, Quinoa Roasted Carrots, Broccoli, and chickpeas.

Nut-Free Basil Pesto Pasta, Cheddar Cheese Slices, Watermelon Slices, Tomato, Cucumber Salad.

Hard Boiled Eggs, Blended Strawberry Oatmeal, Fruit Salad and House-Made Strawberry Jam

Baked Chickpea Fritters, House-Made Naan Bread, Tzatziki Sauce and Sliced Vegetables