

September 2026

SUN MON TUE WED THU FRI SAT

	31 WG Cheez it, Cheese Sticks, Asst. Fruit, Green Beans, Milk	1 WG Chicken Nuggets, Carrots, Apples, Yogurt, Milk	2 WG Goldfish, Oranges, Snap peas, Cheese sticks, Milk	3 WG Triscuits, Carrots, Watermelon, Milk, Yogurt	4 WG Pretzels w/ Peanut Butter, Deli Turkey, Celery, Cantaloupe, Milk	5
6	7 Holiday No School	8 WG Ritz Crackers, Kiwi, Snap Peas, Sharp Cheddar Cheese, Milk	9 100% Beef Hotdog, French Fries, Carrots, Watermelon, Milk	10 Bagels, Cucumbers, Grapes, Cream cheese, PB, Milk	11 WG Teddy Grahams, Strawberries, Snap peas, Yogurt, Milk	12
13	14 WG Cereal, Blueberries, Yogurt, Bell Peppers, Milk	15 WG Tortillas w/ Mozzarella Cheese, Milk, Avocado, Salsa	16 WG Goldfish, Oranges, Cheese Sticks, Lettuce, Milk	17 WG English Muffin, Pizza Sauce, Mozzarella Cheese, Pineapple, Milk	18 WG tortilla chips, Salsa, Apples, Shredded Cheddar cheese, Milk	19
20	21 Baked Chicken, Baked Potato fries, Strawberries, Peas, Milk	22 Fish Sticks, WG Hamburg Roll, Corn, apples, Milk	23 WG Triscuits, Cheese Sticks, Bell Pepper, Oranges, Milk	24 WG Cheez its, Snap Peas, Apples, Cheese Stick, Milk	25 WG waffles, Strawberries, Cucumbers, yogurt, Milk	26
27	28 WG English Muffins or Bagels, Yogurt, Blueberries, Snap Peas, Milk	29 WG Roll/ Pita, Deli Ham, Deli Cheese, Green Beans, Apples, Milk	30 WG Cheez it, Cheese Sticks, Asst. Fruit, carrots, Milk			



ASA

-.Snack/Meals subject to change

-Per CACFP guidelines all meals are Offer vs. Serve and each child is to take at least 3 out of the 5 components offered each day.

-1% Milk is offered with each meal and is one of the daily 5 components.

-Whole Grain Wheat thins are provided every day as a WG option.

-Whole Grain Cereals offered include Cheerios, Kix, Wheat Chex, Bran Flakes, Frosted Mini Wheats

**Wiscasset Community Center
After-School Adventures**

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Wiscasset Maine 04578

Phone: 207-882-8230
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**** Daily Activities include but not limited to: Parachute Play, Kickball, Indoor soccer, Tag, as well as having Dance Parties and Arts & Crafts.**

**American Chop Suey consists of Whole Grain Pasta, Spaghetti Sauce, and 100% Ground Beef.*

This Institution is an Equal Opportunity Provider