

# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday 9/1
				breakfast: Biscuit and fruit jam <b>lunch: Grilled cheese on wheat tomato soup mixed fruit</b> snack: Chex mix and berries
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
<b>NO SCHOOL</b> <b>HAPPY LABOR DAY!</b>	breakfast: English muffin and fruit <b>lunch: Beef steak fingers w/gravy peas, wheat bread Mandarin oranges</b> snack: apples slices and sun butter	breakfast: Cereal and fruit <b>lunch: Fish Tacos on whole wheat tortilla Carrots Pineapples</b> snack: Goldfish and juice	breakfast: Sausage and Tortilla <b>lunch: Chicken fried rice, mixed vegetables and Pears</b> snack: Pita and Hummus	breakfast: Oatmeal and fruit <b>Lunch: Cheese Pizza w/salad Broccoli and peaches</b> snack: Teddy grahams and fruit
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
breakfast: Pancake & Sausage on a stick <b>lunch: Chicken &amp; biscuit Dumpling w/ peas, wheat bread peaches</b> snack: Vanilla wafers and fruit	breakfast: Yogurt w/Granola & fruit <b>lunch: beef ravalii green beans pears, wheat bread</b> snack: chex mix and fruit	breakfast: biscuit w/ honey & fruit <b>lunch: chicken fajitas w/ spanish rice, salad and fruit</b> snack: fruit and cheese cubes	breakfast: String cheese & fruit <b>lunch: Salisbury steak w/ mashpotatoes wheat bread, Corn mixed fruit</b> snack: graham cracker and soy butter	breakfast: French toast & berries <b>lunch: Bean and Cheese Taco, spanish rice w/tomatoes and pears</b> snack: multigrain crisps and quesso
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
breakfast: Bagel w/fruit spread <b>lunch: Frito Pie w/buttered bread salad and pears</b> snack: graham cracker and soy butter	breakfast: Oatmeal and fruit <b>lunch: Mac and cheese w/ham mixed vegetables and peaches</b> snack: Pretzel goldfish and cheese cubes	breakfast: Pancakes w/ fruit <b>lunch: Beef stroganoff w/whole wheat pasta, peas and fruit</b> snack: Oatmeal cookie and juice	breakfast: Cheese toast and fruit <b>lunch: Chicken and rice w/Broccoli Buttered wheat bread &amp; Pineapples</b> snack: cheez-it cracker and fruit	breakfast: Cereal & fruit <b>lunch: Cheeseburger on wheat tator tots and mixed fruit</b> snack: Carrots and hummus
Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
breakfast: waffles & berries <b>Lunch: Chicken nuggets, green beans, wheat bread and Mandarin oranges</b> snack: wheat crackers w/sun butter	breakfast: Yogurt w/Granola & fruit <b>lunch: Turkey and cheese wraps fresh veggies fresh fruit</b> snack: chex mix and fruit	breakfast: Veggie sausage & fruit <b>lunch: Beef Tacos, spanish rice and Pears</b> snack: oranges and crackers	breakfast: Cereal with banana <b>lunch: Chicken patty on wheat bun, Broccoli and applesauce</b> snack: berries w/cheese cubes	breakfast: Muffins and Pears <b>Lunch: Pizza-dilla, Carrots and peaches</b> snack: Graham cracker and milk

milk served breakfast and lunch

water served with snack



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