


September School Menu - 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Yogurt & Fruit Morning Snack: Cheerios w/raisins Lunch: Chicken and Cheesey Rice Casserole Broccoli and Applesauce Vegetarian: Veggie Chicken and Rice Casserole Afternoon Snack: Wheat Thins w/Hummus	2 Breakfast: Cereal with Milk & Fruit Morning Snack: Kitchen's Choice Lunch: Cheese Pizza, Mixed Veggies and Mixed Fruit Vegetarian: Same Afternoon Snack: Rice Cakes
5 	6 Breakfast: Yogurt & Fruit Morning Snack: Oatmeal w/Fruit Lunch: Mac N Cheese w/chicken bits Green Beans and Apples Vegetarian: Mac N Cheese Afternoon Snack: Animal Crackers w/Milk	7 Breakfast: Cereal with Milk & Fruit Morning Snack: Waffles w/Fruit Lunch: Ground Turkey Tacos, Peas and Bananas Vegetarian: Veggie Crumble Tacos Afternoon Snack: Ritz Crackers w/Cheese	8 Breakfast: Yogurt & Fruit Morning Snack: Cinnamon Raisin Bread Lunch: Spaghetti w/Meatballs, Carrots and Peaches Vegetarian: Spaghetti w/Veggie Crumble Afternoon Snack: Pretzels/Cheerios	9 Breakfast: Cereal with Milk & Fruit Morning Snack: Kitchen's Choice Lunch: Cheese Pizza, Mixed Veggies and Mixed Fruit Vegetarian: Same Afternoon Snack: Cheese It Crackers
12 Breakfast: Cereal with Milk & Fruit Morning Snack: Pancakes w/Fruit Lunch: Fish Sticks, Mashed Potatoes, Corn and Applesauce/Apple Slices Vegetarian: Veggie Nuggets Afternoon Snack: Goldfish Crackers	13 Breakfast: Yogurt & Fruit Morning Snack: Cereal w/milk Lunch: Mini Turkey Corn Dogs Carrots and Oranges Vegetarian: Veggie Corn Dogs Afternoon Snack: Trail Mix	14 Breakfast: Cereal with Milk & Fruit Morning Snack: Nutrigrain Cereal Bar Lunch: Sloppy Jo, Green Beans and Bananas Vegetarian: Veggie Crumble Sloppy Jo Afternoon Snack: Blueberry Muffins	15 Breakfast: Yogurt & Fruit Morning Snack: Cheerios w/raisins Lunch: Chicken Tetrazzini, Broccoli and Peaches Vegetarian: Veggie Chicken Tetrazzini Afternoon Snack: Wheat Thins w/Hummus	16 Breakfast: Cereal with Milk & Fruit Morning Snack: Kitchen's Choice Lunch: Cheese Pizza, Mixed Veggies and Mixed Fruit Vegetarian: Same Afternoon Snack: Rice Cakes
19 Breakfast: Cereal with Milk & Fruit Morning Snack: Yogurt w/Fruit Lunch: Lasagna, Peas and Apple Slice Vegetarian: Veggie Lasagna Afternoon Snack: Graham Crackers w/fruit	20 Breakfast: Yogurt & Fruit Morning Snack: Oatmeal w/milk Lunch: Hawaiian Roll Turkey Sliders, Broccoli and Bananas Vegetarian: Grilled Cheese Sliders Afternoon Snack: Animal Crackers w/Milk	21 Breakfast: Cereal with Milk & Fruit Morning Snack: French Toast w/Fruit Lunch: Chicken Alfredo Pasta Peas and Carrots and Pears Vegetarian: Veggie Chicken Alfredo Afternoon Snack: Ritz Crackers w/Cheese	22 Breakfast: Yogurt & Fruit Morning Snack: Cinnamon Raisin Bread Lunch: Bean and Cheese Burrito , Green Beans and Pineapples Vegetarian: Same Afternoon Snack: Pretzels/Cheerios	23 Breakfast: Cereal with Milk & Fruit Morning Snack: Kitchen's Choice Lunch: Cheese Pizza, Mixed Veggies and Mixed Fruit Vegetarian: Same Afternoon Snack: Cheese It Crackers
26 Breakfast: Cereal with Milk & Fruit Morning Snack: Pancakes w/Fruit Lunch: Cheeseburger Macaroni Green Beans and Oranges Vegetarian: Veggie Crumble Macaroni Afternoon Snack: Goldfish Crackers	27 Breakfast: Yogurt & Fruit Morning Snack: Cereal w/milk Lunch: Chicken Sandwich Carrots and Pears Vegetarian: Cheese Sandwich Afternoon Snack: Trail Mix	28 Breakfast: Cereal with Milk & Fruit Morning Snack: Nutrigrain Cereal Bar Lunch: Turkey and Cheese Wrap Peas and Bananas Vegetarian: Cheese Quesadilla Afternoon Snack: Blueberry Muffins	29 Breakfast: Yogurt & Fruit Morning Snack: Cheerios w/raisins Lunch: Chicken and Cheesey Rice Casserole Broccoli and Applesauce Vegetarian: Veggie Chicken and Rice Casserole Afternoon Snack: Wheat Thins w/Hummus	30 Breakfast: Cereal with Milk & Fruit Morning Snack: Kitchen's Choice Lunch: Cheese Pizza, Mixed Veggies and Mixed Fruit Vegetarian: Same Afternoon Snack: Rice Cakes

*Variety of Cereals are served for breakfast

*Milk is served with breakfast, lunch and some afternoon snacks/Water is served with all meals and available throughout the day/100% Fruit Juice served with most afternoon Snacks