

SEPTEMBER MENU

Healthy Meals for Happy, Growing Kids!

WEEK OF AUGUST 31 – SEPTEMBER 4



BREAKFAST



LUNCH



SNACK

Monday, August 31

Pancakes & Fruit

Chicken & Rice, Green Beans, Roll

Applesauce

Tuesday, September 1

Oatmeal & Sausage

Chicken Nuggets, Fries, Fruit

Cookies & Milk

Wednesday, September 2

French Toast & Strawberries

Teriyaki Chicken, Rice, & Broccoli

Muffins

Thursday, September 3

Biscuits & Bacon

Fish Sticks, Salad, Apples

String Cheese

Friday, September 4

Cereal & Bananas

Pizza, Carrots, Oranges

Yogurt

WEEK OF SEPTEMBER 7-11



BREAKFAST



LUNCH



SNACK

Monday, September 7

CLOSED

Tuesday, September 8

French Toast & Fruit

Hamburger Steak, Green Beans, Roll

Vanilla Wafers

Wednesday, September 9

Muffins & Sausage

Mac & Cheese, Broccoli, Roll

Fig Bars

Thursday, September 10

Cereal & Bananas

Chicken Nuggets, Sweet Peas, Fruit

Teddy Grahams

Friday, September 11

Oatmeal & Apples

Spaghetti, Salad, Garlic Bread

Graham Crackers

WEEK OF SEPTEMBER 14-18



BREAKFAST



LUNCH



SNACK

Monday, September 14

Cereal & Bananas

Teriyaki Chicken, Rice & Green Beans

Animal Crackers

Tuesday, September 15

Cheese Toast & Bacon

Chili, Grilled Cheese & Fruit

Applesauce

Wednesday, September 16

Yogurt Bowl

Turkey & Cheese Sandwiches, Tater Tots, Orange Slices

Muffins

Thursday, September 17

Turkey & Cheese Croissant

Taco Salad, Beans, Rice

Fig Bar

Friday, September 18

Sausage Biscuit

Chicken Alfredo, Salad, Garlic Bread

Fruit Cup

WEEK OF SEPTEMBER 21-25



BREAKFAST



LUNCH



SNACK

Monday, September 21

Raisin Bread & Fruit

Fish Sticks, Mashed Potatoes, Green Beans

Pretzels

Tuesday, September 22

Waffles & Fruit

Mac & Cheese, Broccoli, Fruit

Chips & Dip

Wednesday, September 23

Cereal & Bananas

Spaghetti, Salad, Roll

Goldfish

Thursday, September 24

Potatoes & Bacon

Sloppy Joes, Chips, Fruit

Vanilla Wafers

Friday, September 25

French Toast & Fruit

Chicken Nuggets, Green Beans and Fruit

Apple Pie

WEEK OF SEPTEMBER 28-OCTOBER 2



BREAKFAST



LUNCH



SNACK

Monday, September 28

English Muffin & Bacon

Chicken Nuggets, Green Beans, Fruit

Applesauce

Tuesday, September 29

Muffin & Fruit

Cheese Quesadilla, Beans, Pineapple

Trail Mix

Wednesday, September 30

Toast & Sausage

Sunbutter & Jam Sandwiches, Tater Tots, Oranges

BelVita Crackers

Thursday, October 1

Yogurt & Fruit

Fish Sticks, Mashed Potatoes, Fruit

Ritz Crackers & String Cheese

Friday, October 2

Cereal & Bananas

Baked Ziti, Salad, Garlic Bread

Yogurt

Menu is subject to change.