

September



Monday	Tuesday	Wednesday	Thursday	Friday
	1) AM: Yogurt & graham crackers L: Chicken nuggets, mashed potatoes, oranges PM: Cheese w/ crackers V: Veggie nuggets	2) AM: Cereal & milk L: Mac and cheese, mixed vegetables, fruit PM: Grahams V: Same	3) AM: English Muffins L: Grilled cheese, fries, fruit PM: Veggies and ranch V: Same	4) AM: Cereal & milk L: Cheese enchiladas, beans, mixed fruit PM: Goldfish V: Same
7) CLOSED	8) AM: Cereal & milk L: Meatballs subs, fries, fruit PM: Cheez-its V: Veggie meatballs	9) AM: Applesauce & grahams L: Chicken fried rice, pears PM: Veggies Straws V: Veggie fried rice	10) AM: Blueberry Muffins L: Chicken w/ cheese tacos, beans, pears PM: Fresh fruit V: Veggie tacos	11) AM: Cereal & bananas L: Cheese lasagna, peas & carrots, apple slices PM: Sun butter & crackers V: Same
14) AM: Pancakes w/ syrup L: Pizzadillas, green beans, apples PM: Grahams V: Same	15) AM: Cereal & milk L: Chicken strips and waffles, hashbrowns, oranges PM: Goldfish V: Veggie nuggets	16) AM: Biscuits w/ jelly L: Broccoli alfredo pasta, butter bread and fruit PM: Veggies w/ ranch V: Same	17) AM: French toast L: Chicken sliders, sweet potatoes, fruit PM: Cereal bars V: Veggies nuggets	18) AM: Cereal & milk L: Mac & Cheese, vegetables, fruit PM: Cheez-its V: Same
21) AM: Cereal bar & fruit L: Bean and cheese burritos, corn, fruit PM: Pretzels V: Same	22) AM: Bagels w/ cream cheese L: Sun butter & Jelly sandwich, fries, mixed fruit PM: Goldfish V: Same	23) AM: English muffins w/ jelly L: Chicken , rice & Broccoli casserole, fruit PM: Cereal bars V: Broccoli casserole	24) AM: Yogurt & grahams L: Cheese pizza, mixed vegetables, fruit PM: Animal crackers V: Same	25) AM: Apple sauce & grahams L: DIY Lunchables, cucumber, fruit PM: Veggie straws V: Veggie lunchable
28) AM: Cereal bars L: Eggs, pancakes, potato, fruit PM: Ritz w/ hummus V: Same	29) AM: Yogurt & fruit L: Curry lentils and rice, mixed veggies, fruit PM: Fresh fruit V: Same	30) AM: Waffles w/ syrup L: Quesadillas, beans, peaches PM: Ritz w/ hummus V: Same		

Milk is served with Breakfast & Lunch Water is served throughout the day AM= 9:00am morning snack L=11:30am Lunch PM= 3:00pm Afternoon snack