

# September Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Smoothies fresh fruit Graham Crackers BBQ Meatballs Rice Baked Apples Milk Veggie straws Water	Cereal Bananas Milk Ham Rolls Carrots Pears Milk Animal crackers Applesauce Water
5	6	7	8	9
CLOSED	Sausage biscuits Pears milk Macaroni & Beef Green beans Mixed fruit Milk Carrots & Ranch Water	Bagels cream cheese Mixed fruit Milk Chicken quesadillas beans Peaches Milk Vanilla waffers Pudding Water	Eggs Dice potatoes milk Pizza in a pocket Broccoli fresh fruit Milk Rice cakes Fruit cups Water	Cereal bananas milk Spaghetti salad Apples milk Animal crackers applesauce water
12	13	14	15	16
Waffles Oranges Milk Beef a roni Broccoli Apples Milk Tortilla chips & Guacamole Water	Scones pineapples Milk Chicken and waffles mixed fruit Milk Hummus and Pretzels Water	Smoothies Graham crackers Turkey & Ham Sandwiches Carrots Apples Milk Goldfish peaches Water	Fig bars apples Milk Grilled Cheese Tomato Soup Pears Milk Pretzels and hummus Water	Cereal bananas Milk Mac and Cheese Green beans Mixed fruit Milk Cheese and Crackers Water
19	20	21	22	23
Cereal fresh fruit Milk Ravioli Broccoli Milk Peaches Sunbutter Graham Crackers Water	Smoothies (Mango & pineapples ) Fish sticks carrots apples Milk Cheez itz & peaches water	French toast Mixed Fruit Milk Popcorn chicken baked beans Peaches Milk Veggie Straws pears Water	Muffins Peaches Milk Spring rolls rice pineapples Milk Chex mix and pears water	Eggs & potatoes Milk Salsbury steak Mashed potatoes Apples Milk
26	27	28	30	31
Eggs and sausage Milk chicken and Rice Pears Milk	Pancakes Strawberries Milk BBQ Meatballs Broccoli Pineapples Milk	Fig bars blueberries milk Vegetable Lo mein Pears Milk Teddy grahams Pudding water	Cinnamon rolls apples Milk Sweet & sour chicken carrots mixed fruit Milk	Cereal bananas Milk Pizza green beans fresh fruit milk rice cakes water