



# September 2016 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				1	2
Lunch				Cereal and Milk	Chef's Choice
PM Snack				Mac and Cheese, Peas, Pears and Milk	
				Goldfish crackers	
AM Snack	5	6	7	8	9
Lunch	SCHOOL CLOSED!	Rice Krispies and Milk	Oatmeal and Milk	Whole Grain Bagel with Cream Cheese	Mangoes and Milk
PM Snack		Ravioletti in Tomato Sauce, Salad with Ranch Dressing, Peaches, Milk	Chicken Quesadilla, Corn, Pineapple, Milk	Turkey Sloppy Joes on Whole Grain Roll, Green Beans, Orange Slices, Milk	Pizza, Applesauce, Carrots, Milk
		Tortilla Chips and Salsa	Yogurt and Raisins	Grapes and Wheat Thins	Bananas and Milk
AM Snack	12	13	14	15	16
Lunch	Cinnamon Raisin Toast and Milk	Oatmeal Bars and Milk	Kix and Milk	Whole Grain Waffles with Apple Butter	Chef's Choice
PM Snack	Turkey Dogs on Whole Grain Roll, Broccoli, Mixed Fruit, Milk	Tacos, Oven Browned Diced Potatoes, Oranges, Milk	Whole Wheat Tuna Wrap, Yogurt, Applesauce, Milk	Pierogies, Green Beans, Peaches, Milk	
	Whole Wheat Pita Bread and Hummus	Yogurt and Raisins	Cheese and Crackers	Apple Slices with Sunflower Butter and Milk	
AM Snack	19	20	21	22	23
Lunch	Kix with Milk	Muffins and Milk	English Muffins with Sunflower Butter	Cheerios and Milk	Bananas and Milk
PM Snack	Meatloaf with Brown Gravy, Rice, Peas, Milk	Turkey and Cheese Wrap on Whole Wheat Tortilla, Grapes, Yogurt, Milk	Spaghetti and Meatballs, Salad with Ranch Dressing, Pears, Milk	Cheese Omelet, Turkey Sausage, Mixed Fruit and Milk	Fish Sticks, Mixed Veggies, Diced Potatoes, Milk
	Carrot Sticks with Ranch Dressing and String Cheese	Waffle Grahams	Pretzel Fish and Applesauce	Sunflower Butter and Crackers	Wheat Thins and String Cheese
AM Snack	26	27	28	29	30
Lunch	Oatmeal Bars and Milk	Yogurt and Raisins	Corn Flakes and Milk	Apple Slices	Chef's Choice
PM Snack	Ham and Cheese Roll Ups on Whole Wheat Tortillas, Apple Slices, Corn and Milk	Chicken Nuggets, Broccoli, Pineapple, Milk	Bowtie Pasta with Parmesan Cheese, Green Beans, Oranges, Milk	Chicken Parmesan, Salad with Ranch Dressing, Peaches, Milk	
	Pretzel Goldfish and Milk	Apple Slices and Milk	Grapes and Wheat Thins	Trail Mix and Milk	

