



September 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3	4	5	6	7
		Cereal and Milk	Oatmeal Bars and Milk	Whole Grain Bagel with Cream Cheese	Fruit and Milk
Lunch	SCHOOL CLOSED	Mac & Cheese, Peas, Pears and Milk	Tuna Wrap, Yogurt, Applesauce and Milk	Turkey Sloppy joe on Whole Grain Roll, Green Beans, Orange Slices and Milk	Pizza, Applesauce, Carrots and Milk
PM Snack		Tortilla Chips and Salsa	Yogurt and Raisins	Grapes and Wheat Thins	Bananas and Milk
AM Snack	10	11	12	13	14
	Cereal and Milk	Cereal and Milk	Oatmeal Bar and Milk	Whole Grain Waffles with Apple Butter	
Lunch	Chicken Tenders, Broccoli, Mixed Fruit and Milk	Tacos, Spanish Rice, Oranges and Milk	Cheese Quesadilla, Corn, Pineapple and Milk	Pierogies, Green Beans, Peaches and Milk	Chef's Choice
PM Snack	Pita Bread and Hummus	ogurt and Raisins	Cheese and Crackers	Apple Slices with Sunflower Butter and Milk	
AM Snack	17	18	19	20	21
	Cereal and Milk	Muffins and Milk	English Muffins with Apple Butter	Cereal and Milk	Bananas and Milk
Lunch	Meatloaf with Brown Gravy, Rice, Peas and Milk	Turkey and Cheese Wrap, Grapes, Yogurt and Milk	Spaghetti and Meatballs, Salad with Ranch Dressing, Pears and Milk	Ham Slice, Cauliflower with Cheese Sauce, Mixed Fruit and Milk	Fish Sticks, Mixed Veggies, Diced Potatoes and Milk
PM Snack	Carrot Sticks with Ranch Dressing	Waffle Grahams	Pretzel Fish and Applesauce	Sunflower Butter and Crackers	Wheat Thins and String Cheese
AM Snack	24	25	26	27	28
	Oatmeal Bars and Milk	Yogurt and Raisins	Cereal and Milk	Egg Patty	
Lunch	Ham and Cheese on Whole Grain Bread, Apple Slices, Corn and Milk	Chicken Nuggets, Broccoli, Pineapple and Milk	Bowtie Pasta with Parmesan Cheese, Green Beans, Oranges and Milk	Chicken Parmesan, Salad wih Ranch Dressing, Peaches and Milk	Chef's Choice
PM Snack	Goldfish Crackers and Milk	Apple Slices and Milk	Grapes and Wheat Thins	Trail Mix and Milk	