



September 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2	3	4	5	6
		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	Chicken, Pasta Salad, Applesauce and Milk	Grilled Cheese on Whole Grain Bread, Green Beans, Orange Slices and Milk	Fish Bites, Mixed Veggies, Diced Potatoes and Milk
PM Snack		Oatmeal Cookie	Rice Cakes and Milk	Waffle Grahams	Sunchips
AM Snack	9	10	11	12	13
	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, Yellow Rice, Oranges and Milk	Hamburger, Corn, Pineapple and Milk	Cheese Quesadilla, Green Beans, Peaches and Milk	Chef's Choice
PM Snack	Pita Bread and Hummus	Yogurt and Raisins	Cheese and Crackers	Apple Slices with Sunflower Butter and Milk	
AM Snack	16	17	18	19	20
	Cereal and Milk	Muffins and Milk	English Muffins with Apple Butter	Cereal and Milk	Bananas and Milk
Lunch	Salisbury Steak with Brown Gravy, Rice, Peas and Milk	Turkey and Cheese Wrap, Mixed Berries, Yogurt and Milk	Spaghetti with Tomato Sauce, Salad with Ranch Dressing, Pears and Milk	BBQ Turkey Sliders, Smile Fries, Mixed Fruit and Milk	Pizza, Carrots, Applesauce and Milk
PM Snack	Tiki Crackers and Cheese	Waffle Grahams	Pretzel Fish	Sunflower Butter and Crackers	String Cheese
AM Snack	23	24	25	26	27
	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, Sweet Potato Puffs, Pineapple and Milk	Bowtie Pasta with Parmesan Cheese, Green Beans, Oranges and Milk	Chicken Parmesan, Lima Beans, Peaches and Milk	Chef's Choice
PM Snack	Goldfish Crackers and Milk	Apple Slices and Milk	Animal Crackers	Pudding	

