



September 2019 Menu



*Organic Whole Milk - 12 mo. - 24 mo.
*Organic Low-fat Milk - 24 mo. and older.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	2	3	4	5	6
		Cheese Toast/ Milk	Yogurt/ Pears/ Milk	Bagels/ Cream Cheese/ Milk	Mini Blueberry Muffins/ Milk
Lunch	WE WILL BE CLOSED IN HONOR OF LABOR DAY				
		Chicken w/ Rice/ Carrots and Broccoli/ Milk	Turkey Meatballs/ Rolls/ Mash Potatoes/ Peaches/ Milk	Chicken Noodle Soup w Crackers/ Fresh Steamed Greenbeans/ Pears/ Milk	Spaghetti w/ Cheese/ Fresh Steamed Peas/ Pineapples/ Milk
PM Snack		Animal Crackers/Craisins/ Water	Cheeze-Its Crackers/ Cheese Sticks/ Chilled water	Vanilla Wafers/Banana/ Chilled Water	Goldfish/ 100% Fruit Juice
AM Snack	9	10	11	12	13
	Whole Grain Cereal/ Milk	Cheese Toast/ Milk	Potato Cakes/ Milk	Whole Grain Waffles/ Milk	Whole Grain English Muffins w Jelly/ Milk
Lunch	Macaroni and Cheese/ Fresh Steamed Green Beans/ Mixed Fruit/ Milk	Turkey Sausage/ Fresh Steamed Carrots/ Cinnamon Applesauce/ Milk	Vegetable Soup/ Grilled Cheese Sandwich/ Pears/ Milk	Breaded Cheese Sticks with Marinara Sauce/ Fresh Steamed Broccoli/ Sliced Apples/ Milk	Beef w Rice/ Fresh Steamed Peas/ Peaches/ Milk
PM Snack	Animal Crackers/ Peaches/Chilled Water	Graham Crackers/ Sliced Cheese/ Chilled Water	Soft Pretzel w/ Hummus/ Chilled Water	Trail Mix/ Craisins/ Chilled Water	Goldfish/ 100% Fruit Juice
AM Snack	16	17	18	19	20
	Cheese Toast/ Milk	Whole Grain Pancakes w Syrup/ Milk	Whole Grain Toast w Jelly/ Milk	Whole Grain Cereal/ Milk	Pancakes w Syrup/ Milk
Lunch	Chicken Noodle Soup/ Ritz Crackers/ Steamed Carrots/ Pineapple/ Milk	Turkey and Cheese Rollups/ Fresh Steamed Mixed Vegetables/ Applesauce/ Milk	Spaghetti with Cheese/ Peas and Carrots/ Mandarin Oranges/ Milk	Chicken Tacos/ Fresh Steamed Broccoli/ Mixed Fruit/Milk	Grill Cheese Sandwich/ Green Beans/ Pineapples/ Milk
PM Snack	Trail Mix/ Craisins/ Chilled Water	Vanilla Wafers/ Fresh Banana/ Chilled Water	Cinnamon Applesauce/ Graham Crackers/ Chilled Water	Ritz Crackers/ Cheese Slices/ Chilled Water	Vanilla Wafers/ Apple Slices/ Chilled Water
AM Snack	23	24	25	26	27
	Chicken Biscuit/ Milk	Yogurt/ Craisins/ Milk	English Muffins w Jelly/ Milk	Blueberry Muffins/ Milk	Hashbrowns/ Milk
Lunch	Chicken w Rice/ Fresh Steamed Mixed Vegetables/ Cinnamon Apples/ Milk	Turkey Meatballs/ Mash Potatoes/ Peaches/ Milk	Vegetable Soup w Grilled Cheese Sandwich/ Carrot Sticks/ Apple Slices/ Milk Cartons	Baked Cheese Pasta/ Fresh Steamed Peas/ Mixed Fruit/Milk	Turkey and Cheese Sandwich/ Fresh Steamed Broccoli/ Mandarin Oranges/ Milk
PM Snack	Ritz Crackers/ Craisins/ Chilled Water	Cheese Sticks/ Sliced Apples/ Chilled Water	Animal Crackers/Cheese Slices/ Chilled Water	Guppy Fish Crackers/Cheese Slices/ Chilled Water	Soft Pretzel w Hummus/ 100% Fruit Juice
AM Snack	30				
	Cheese Toast/ Milk				
Lunch	Turkey Sausage/ Carrots and Broccoli/Applesauce/ Milk				
PM Snack	Animal Crackers/ Craisins/ Chilled Water				