




Sept 2019 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	CLOSED	Vanilla Yogurt, Strawberries, Organic Milk	Blueberry Muffins, Pineapple, Organic milk	Cornflakes Cereal, Grapes, Organic Milk	Peach Yogurt, Fruit Cocktail, Organic Milk
Lunch		Creamy Mac & Cheese ½ c Baby Peas 1/4 cup Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Cooked Carrots 1/4 cup Fresh or Chilled Fruit Veggie: Cheesy Baked Ziti	Whole Grain Baked Chicken Fingers 3 ea Fresh Tossed Salad ¼ c Veggie: Morningstar Nuggets 4 ea Fresh or Chilled Fruit	Cheddar Cheese Quesadilla 1/2 ea Cucumber slices 3 each with ranch dip Fresh or Chilled Fruit
PM Snack		Vanilla Wafers, Peaches, Water	Cheddar Chex Mix, Blueberries, Water	Spikers Crackers, Mango, Water	String Cheese, Strawberries, Water
AM Snack	Oatmeal Breakfast Bar, Pears, Organic Milk	Cinnamon Raisin Bread, Oranges, Organic Milk	Vanilla Yogurt, Apple Slices, Organic Milk	Cranberry Orange Muffins, Mixed Berries, Organic Milk	Rice Krispie Cereal, Peaches, Organic Milk
Lunch	Rainbow Tortellini w/Marinara Sauce Mixed Veggies 1/4c Fresh or Chilled Fruit	Slow Roasted Turkey & Cheese Sub 1 Cooked Carrots 1/4 c Veggie: Double Cheese Sub Fresh or Chilled Fruit	"Breakfast For Lunch" Pancakes 2 ea w/ Syrup; Turkey Sausage Link 1 ea; Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets 4 ea Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Fresh Green Beans 1/4 cup Fresh or Chilled Fruit Veggie: Cheesy Baked Ziti
PM Snack	Pretzels w/Sunbutter, Banana, Water	Graham Crackers, Mixed Berries, Water	Pudding, Tropical Fruit, Water	GoldFish, Oranges, Water	Rice Cakes, Grapes, Water
AM Snack	Strawberry Banana Yogurt, Bananas, Organic Milk	Strawberry Yogurt chex, Blueberries, Organic Milk	Bagels w/Cream Cheese, Mango, Organic Milk	Vanilla Yogurt, Tropical Fruit, Organic Milk	Corn Loaf Muffins, Strawberries, Organic Milk
Lunch	Whole Grain Baked Chicken Nuggets 4 ea California Mixed Veggies ¼ c Veggie: Morningstar Nuggets 4 ea Fresh or Chilled Fruit	Chicken Fajita Bowl (Chicken Fajita 2 oz over Rice ¼ c w/ Cheddar Cheese); Cucumber Slices 3 ea w/ Creamy Ranch Dressing Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Waffles 2 ea w/ Syrup; Turkey Sausage Link 1 ea; Veggie: Morningstar Breakfast Patty	Creamy Chicken Penne Alfredo ½ c Mixed Veggies 1/4 c Veggie: Penne Alfredo Fresh or Chilled Fruit	Northwestern Pollack Fish Bites 3 ea Cooked Carrot Coins 1/4 cup Veggie: Morningstar Nuggets Fresh or Chilled Fruit
PM Snack	Cheddar Chex Mix, Pears, Water	Cheese Cubes, Fruit Cocktail, Water	Totilla Rounds Chips, Pineapple, Water	Zoo Animal Cookies, Applesauce, Water	Triscuit Crackers, Peaches, water
AM Snack	Alphabits Cereal, Pineapple, Organic Milk	Peach Yogurt, Grapes, Organic Milk	Strawberry Yogurt Chex, Fruit Cocktail, Organic Milk	Crossaints, Pears, Organic milk	Vanilla Yogurt, Oranges, Organic Milk
Lunch	Italian Spaghetti w/Bolognese (chicken) Sauce 1/2 cup Sweet Yellow Corn 1/4 Cup Veggie: Itaian Spaghetti w/ Marinara Fresh or Chilled Fruit	Creamy Mac & Cheese ½ c Cooked Carrots 1/4 cup Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit	French Toast Sticks 3 ea w/ Syrup; Turkey Sausage Link 1 ea; Veggie: Morningstar Breakfast Patty	Four Cheese Ravioli w/ Marinara Sauce ¼ c Fresh Green Beans ¼ c Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea California Mixed Veggies ¼ c Veggie: Morningstar Nuggets 4 ea Fresh or Chilled Fruit
PM Snack	Pudding, Blueberries, Water	Spikers Crackers, Mango, water	Pretzels w/Sunbutter, Strawberries, Water	Town House Crackers, Banana, Water	Goldfish, Mixed Berries, Water
AM Snack	Corn Bread Loaf, Apple Slices, Organic Milk				
Lunch	Whole Grain Chicken Patty 1 ea Mixed Veggies 1/4 cup Veggie: Veggie Chik Patty Fresh or Chilled Fruit	THIS MENU DOES NOT CONTAIN PEANUT OR TREE NUT PRODUCTS	All lunches are served with Organic Milk	Fresh Fruits Used Daily - Chilled Fruits used on days Produce is NOT Ripened	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges
PM Snack	Cheezitz, Tropical Fruit, Water				