



# September Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7	8	9	10	11
Breakfast					
AM Snack	No School	Hash browns and Mangos, Water	Yogurt with Granola, Water	Wheat Thins, Cream Cheese, Water	Apple Butter Muffins, Water
Lunch		Mac & Cheese, Veggie Tots, Mandarin Oranges, Milk (I/T- Ritz Crackers)	Chicken Fajita with Pita Bread, Steamed Corn, Tropical Fruit, Milk (I/T Graham Crackers, Steamed Zucchini) (V-Cheese and Veggie Fajita)	Potato Soup with Cornbread, Steamed Broccoli, Diced Pears, Milk (V-Veggie soup with noodles)	Ravioli with Alfredo Sauce, Steamed Peas & Carrots, Fruit Cocktail, Milk
PM Snack		Sun Chips with Diced Peaches, Water	Teddy Grahams, Banana, Water	Townhouse Crackers, Sliced Cheese, Water	Trail Mix, Water
	14	15	16	17	18
Breakfast					
AM Snack	English Muffins & Mangos, Water	Hash browns and Peaches, Water	Graham Crackers and Applesauce, Water	Apple Cinnamon Nutri-grain Bars, Water	Vanilla Yogurt, Fresh Fruit, Water
Lunch	Ham & Cheese on a Hawaiian Roll, Steamed Carrots, Diced Pears, Milk (I/T Ritz Crackers & Spinach Dip) (V-Veggie Burger)	Chili Mac, Steamed Corn, Tropical Fruit, Milk (I/T- Steamed California Melody) (V-Mac and Cheese)	Meatballs with Brown Rice, Steamed Broccoli, Mandarin Oranges, Milk (V- Meatless Meatballs)	Cheese Pizza, Steamed Zucchini, Diced Pineapple, Milk (I/T Teddy Grahams and Bananas)	French Toast Sticks, Turkey Sausage, Apple Sauce, Hash Browns, Milk
PM Snack	Wheat Thins and Spinach Dip, Water	Frozen Yogurt Bar, Water	String Cheese and Goldfish, Water	Sun Chips and Bananas, Water	Chips and Salsa, Water
	21	22	23	24	25
Breakfast					
AM Snack	Strawberry Yogurt and Granola, Water	Fig Newton's and Diced Pears, Water	Wheat Thins and Cream Cheese Dip, Water	Cinnamon Crumble Muffins, Water	Blueberry Nutri-grain Bars, Water
Lunch	Pulled Pork w/ Cornbread, California Veggie Blend, Fruit Cocktail, Milk (I/T Graham Crackers and Yogurt) (V-Veggie Burgers)	Vegetarian Chili, Steamed Corn, Mandarin Oranges, Milk	Chicken Nuggets, Green Beans, Applesauce, Milk (I-Townhouse Crackers) (V-Veggie Burger)	Soy Butter and Jelly Sandwich, Diced Peaches, Steamed Broccoli, Milk (I/T Grilled Cheese)	Chicken Alfredo, Steamed Peas, Tropical Fruit, Milk (I/T- Pita Bread) (V- Alfredo Pasta)
PM Snack	Hawaiian Roll and Diced Pineapple, Water	Ritz Crackers and Cheese Slices, Water	Chex Mix, Water	Tortilla Chips and Cheese Dip, Water	Pita Chips and Spinach Dip, Water
	28	29	30	1	2
Breakfast					
AM Snack	Ritz Crackers and Sun Butter, Water	Goldfish and Applesauce, Water	Bagels and Cream Cheese, Water	Strawberry Yogurt and Blueberries, Water	Graham Crackers and Apple butter, Water
Lunch	Tomato Soup, Grilled Cheese, Steamed Green Beans, Diced Pears (I/T Ritz Crackers and Apple butter)	Pasta with meatballs & marinara sauce, Steamed Broccoli, Diced Pineapple, Milk (V-Veggie meatballs)	Taco Salad, Steamed Corn, Diced Peaches, Milk (I/T- Steamed Broccoli)	Brown Rice with Diced Ham, Steamed Peas, Tropical Fruit, Milk (V-Cheesy Rice)	Mini Bagel Pizza, Steamed Sliced Carrots, Mandarin Oranges, Milk
PM Snack	String Cheese and Fig Newton's, Water	Wheat Thins, Fruit Cocktail, Water	Hawaiian Rolls, Hummus, Water	Sun Chips and Bananas, Water	Homade Jell-O with Fresh Fruit, Water
	5	6	7	8	9
Breakfast					
AM Snack	Mini Bagels and Cream Cheese, Water	Vanilla Yogurt and Granola, Water	Goldfish and Diced Pears, Water	Teddy Grahams and Fruit Cocktail, Water	Cornbread, Apple butter, Water
Lunch	Chicken Nuggets, Steamed Peas, Fruit Cocktail, Milk	Green Beans, Fresh Blueberries (I/T- Vanilla Yogurt and Graham Crackers. Soft tortilla Shell with Salsa) (V-Veggie Burger)	Cheesy Chicken and rice Casserole, Steamed Broccoli, Tropical Fruit, Milk (I/T- Pita Bread) (V-Cheesy Rice)	Baked Potato Soup, Warm Biscuit, Steamed Corn, Diced Pineapple, Milk (I/T- Steamed Broccoli) (V- Tomato Soup)	Mini Burgers, Fresh Baby Carrots, Applesauce, Milk (V- Veggie Burger)
PM Snack	Fresh Baby Carrots with Ranch, Water	Tortilla Chips, Salsa, Water	Pita Chips, Hummus, Water	String Cheese, Saltine Crackers, Water	