

September 2021

**All of our milk is organic. Green text indicates fresh or frozen produce, wheat, whole-grain & multi-grain items.
A vegetarian option is available every day.**

September 6-10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	No School	Tasteo Cereal, Fresh Fruit , Milk	Whole Grain Blueberry Oatmeal Bar , Milk	Honey Graham Cereal , Fresh Fruit , Milk	Strawberry Banana Yogurt, Milk
LUNCH	Labor Day	Whole Wheat Mac and Beef, Fresh Broccoli , Pears , Milk (Veggie Patty)	Whole Grain Chicken Fries , Ketchup, Mixed Vegetables , Pineapples , Milk (Veggie Nuggets)	Beef Stew, Whole Wheat Roll , Fresh Fruit , Milk (Sunbutter & Jelly)	Fish Sticks, Ketchup, Brown Rice , Stringbeans , Fresh Fruit , Milk (Veggie Nuggets)
PM Snack	No School	Teddy Grahams, Applesauce	Mozzarella String Cheese & Wheat Crackers	Soft Pretzels and Cheese Sauce	Organic Whole Baby Carrots , Ranch Dressing

September 13-17	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Corn Flake Cereal with Milk, Mandarin Oranges	Blueberry Muffin , Milk	Whole Wheat Bagels with Cream Cheese & Milk	Raspberry Yogurt , Milk	Tasteo Cereal, Blueberries & Milk
LUNCH	Turkey Ham & Cheese on Croissant, Carrots , Fresh Fruit , Milk (Cheese Croissant)	Shredded Teriyaki Chicken, Rice Pilaf , Sliced Carrots , Pineapple , Milk (Veggie Patty)	Tuscan Pasta w/ Chicken (Penne noodles , diced chicken, butter sauce), Corn , Pears , Milk (Pasta-no chicken)	Corn Dog Nuggets, Ketchup, Lima Beans, Peaches , Milk (Veggie Nuggets)	Whole Grain Cheese Pizza , Fresh Salad , Ranch Dressing, Mixed Fruit & Milk
PM Snack	Whole Grain Cheese Goldfish Crackers	Cheddar Cheese Cubes , (Shredded Cheese for Toddlers) Wheat Crackers	Fresh Apples and Sunbutter (Applesauce for Toddlers)	Sliced Cucumbers with Ranch Dressing	Sliced Strawberries , Dark Chocolate

September 20-24	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cinnamon Raisin Bread , Milk	Corn Flakes Cereal, Bananas , Milk	Strawberry Banana Yogurt , Milk	Tasteo Cereal, Bananas , Milk	Whole Grain Waffles , Sugar Free Syrup, Mixed Berries , Milk
LUNCH	Personal Cheese and Turkey Pepperoni English Muffin Pizza, Carrot Sticks , Applesauce, Milk	Whole Grain Chicken Drummies , Ketchup, Roasted Brussel Sprouts , Fresh Fruit , Milk (Veggie Nuggets)	Vegetarian Burrito Bowls (Brown rice , black beans , corn, salsa), Diced Pears , Milk	Beef Lasagna , Salad with Ranch Dressing, Mixed Fruit , Milk (Vegetarian Lasagna)	Turkey Ham & Cheese on Croissant, Carrots , Fresh Fruit , Milk (Cheese Croissant)
PM Snack	Strawberry Yogurt	Lemon Crisp Bites made with lemons and blueberries	Mozzarella String Cheese & Wheat Crackers	Teddy Grahams & Mandarin Oranges	Fresh Apples & Sunbutter (Applesauce for Toddlers)

September 27- October 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole Wheat English Muffin, Fresh Fruit, & Milk	Rice Krispies Cereal, Banana, Milk	Whole Grain Waffles, Sugar Free Syrup, Fresh Fruit, Milk	Whole Wheat Toast Slice, Fruit Preserves, Milk	Corn Flakes Cereal, Banana, Milk
LUNCH	Cheese Tortellini, Alfredo Sauce, Broccoli Florets, Diced Peaches, Milk	Whole Grain Chicken Patty, Ketchup, Corn, Strawberries, Milk (Veggie Nuggets)	Turkey Sausage, Egg Patty, Cheese on a Whole Wheat Bagel, Hash Brown Sticks, Sliced Strawberries, Milk	Chef's Choice	Turkey Pepperoni & Beef Sausage Calzone, Corn, Fresh Fruit, Milk (Veggie Nuggets)
PM Snack	Graham Crackers, Chocolate Milk	Fresh Apples & Sunbutter (Applesauce for Toddlers)	Sliced Cucumbers & Ranch Dressing	Cheddar Cheese Cubes, (Shredded Cheese for Toddlers) Wheat Crackers	Pretzel Rods & Colby Jack Cheese Cubes (Shredded Cheese for Toddlers)

October 4-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Whole Grain Blueberry/ Strawberry Oatmeal Bar	Corn Flakes Cereal, Bananas, Milk	Whole Grain English Muffin, Apple Butter, Milk	Blueberry Muffin, Milk	Whole Grain French Toast Sticks, Sugar Free Syrup, Mixed Berries, Milk
LUNCH	Hot Turkey Ham and Cheese on Whole Grain Slider, Carrot Sticks, Pears, Milk	Cheese Quesadillas, (Whole Wheat Tortilla, Shredded Cheese), Corn, Tropical Fruit, Milk	BBQ Pulled Chicken on Whole Grain Slider, Sweet Potato Wedges, Fresh Fruit & Milk (Sunbutter & Jelly)	Grilled Chicken Breast Nuggets, Ketchup, Sweet Potato Wedges, Pears, Milk (Veggie Nuggets)	Whole Grain Cheese Pizza, Fresh Salad, Ranch Dressing, Blueberries & Milk
PM Snack	Nut Free Trail Mix	Graham Crackers, Chocolate Milk	Soft Baked Pretzels with cheese sauce	Strawberry Yogurt	Lemon Crisp Bites made with lemons and blueberries