



September - 2021 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	30	31	1	2	3
Lunch	*Vegetarian Substitutions: Meatless Entrée		Nutri-Grain Bars and Milk	Yogurt and Fruit, Water	Fig Newtons, Milk
PM Snack	**Meals & Snacks are Subject to Change		Pancakes, Turkey Sausage, Vegetables, Fruit, Organic Milk	Chicken Noodle Soup, Vegetables, Fruit, Organic Milk	Quesadillas, Refried Beans, Fruit Cocktail, Organic Milk
AM Snack	6	7	8	9	10
Lunch	NO SCHOOL LABOR DAY		Goldfish, String Cheese, Water	Crackers, Apple Butter, Water	Cheese Slices with Crackers
PM Snack	Mini Bagel, Cream Cheese/Jelly, Water		Cheerios and Fruit, Water	Warm Waffles with Syrup, Water	Fig Newtons, Milk
AM Snack	Vegetarian Chili, Corn Bread, Peaches, Organic Milk		Chicken Tacos with Cheese, Vegetarian Beans, Fruit Cocktail, Organic Milk	Seasoned Chicken with Rice, Mixed Fruit, Carrots, Organic Milk	Tomato Soup with Grilled Cheese, Vegetables, Fruit, Organic Milk
Lunch	Goldfish, Water		Sun Chips, (I/T: Crackers) Water	Boscosticks and Marinara, Water	Graham Crackers, Jelly, Water
PM Snack	13	14	15	16	17
AM Snack	Fruit, Crackers, Water	Warm Waffles with Syrup, water	Blueberry Belvita Biscuits, Milk	Yogurt and Fruit, Water	Mini Bagels with Cream Cheese, Water
Lunch	Grilled Chicken with Pita Bread, Mixed Fruit, Carrots, Organic Milk	Cheese Burgers, Green Beans, French Fries, Mangos, Organic Milk	Pesto Pasta with Chicken, Fruit, Steamed Carrots, Organic Milk	English Muffin Sausage Sandwich, Vegetables, Fruit, Organic Milk	Cheese Quesadillas, Baked Beans, Mangos, Organic Milk
PM Snack	Cheese Sticks, Hawaiian Roll, Water	Goldfish and Apple Sauce, Water	Warm Pretzel, Cheese Sauce Water	Fresh Vegetable with Ranch Dip, Water	Wheat Thins & Cream Cheese, Water
AM Snack	20	21	22	23	24
Lunch	Fruit and Crackers, Water	Yogurt with Granola/Cheerios, Water	Cinnamon Muffin and Milk	Wheat Crackers, Cream Cheese or Jelly, Water	Fresh Fruit, Graham Crackers, Water
PM Snack	BBQ Chicken, Mashed Potato, Fruit, Organic Milk	Chicken Nuggets, Hashbrown, Fruit, Organic Milk	Cheese Ravioli, Green Beans, Apple Slices, Organic Milk	Mac & Cheese with diced Ham/Turkey, Vegetables, Fruit, Organic Milk	Tuna Casserole, Peas and Carrots, Fresh Fruit, Organic Milk
AM Snack	27	28	29	30	
Lunch	Animal Crackers, Fresh Fruit, Water	Trail Mix and Water	Sun Chips, (I/T: Crackers) Water	Warm Pretzel, Cheese Dip and Water	Apples and Vanilla Crackers, Water
PM Snack	Cinnamon Muffins, Water	Wheat Thins, Craisins and Water (I/T: Cheerios)	Nutri-Grain Bars and Milk	Pears and Crackers, Water	Peaches and Yogurt, Water
AM Snack	Chicken Quesadillas, Refried Beans, Mangos, Organic Milk	Fish Sticks, Peas & Carrots, Mandarin Oranges, Organic Milk (I/T: Chicken Nuggets)	Mini-Corn Dog, Sweet Potato Tots, Fruit, Organic Milk (I/T: Chicken Tenders)	Personal Cheese Pizza, Fruit and Vegetable, Organic Milk	Sloppy Joe on the Bun, Tater Tots, Bananas, Green Beans, Organic Milk
Lunch	Cheesy Breadsticks with Dip, Water	Rice Cakes, Fruit & Water (I/T: Crackers & Fruit)	Goldfish, Apple Sauce, Water	Animal Crackers, Fruit, Water	Sun-Chips, (I/T: Crackers) Water
PM Snack					

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*If you use a menu supplied by your caterer, you do not need these templates.
Otherwise, please continue.*

Select your template based on the number of meals you provide and the length of your meal descriptions. **Delete the other tabs.** Save as a new name.

Replace the logo with that of your school brand.

Go into the footer and change the school name, address and phone number to that of your school.

In row 1, change the name of the month and year if needed.

Change the names of meals if needed. For example, you may call it breakfast instead of am snack.

Change the blue date numbers to reflect the particular month that you are in.

Type or "copy special" your actual food items into each meal & date.

Make sure you have saved your menu under a new name.

Save as a PDF (File -> Print -> Select Adobe PDF as the Printer -> Click Print)

Email the Excel file & PDF to Marketing to post on your website

Each month, repeat steps 4-9 but instead of sending to marketing, **post the PDF to your menu page on your website.**