



# September Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
Breakfast	Closed	Breakfast Muffin and Milk	Ham and Swiss Croissant and Milk	Breakfast Bar and Milk	Yogurt, Fruit, and Milk
Lunch	Closed	Fish Taco, Plantains, Mango, and Milk	Sunbutter/Wowbutter Sandwich, String Beans, Fruit Cocktail, and Milk	Cheesy Broccoli and Rice Casserole, Man. Oranges, and Milk	Grilled Chicken Bacon & Ranch Sandwich, Brussel Sprouts, Apple Slices, and Milk
PM Snack	Closed	Lemon Blueberry Bites and Water	Cheeze-It Crackers and Water	Triscuits, Wow Butter, and Water	Vanilla Wafers and Water
	8	9	10	11	12
Breakfast	Cereal, Fruit, and Milk	Breakfast Muffin and Milk	English Muffin, Butter, Jelly and Milk	Breakfast Bar and Milk	Emoji Waffles, Blueberries, and Milk
Lunch	Grilled Cheese, Tomato & Zucchini	Chicken Fajita, Fiesta Rice, and Milk	Smashburger Sliders, Peaches, Peas, and Milk	Carrot Raisin Sandwich, Apples, Mixed Vegetables, and Milk	Cheese Ravioli, Broccoli, Fresh Fruit, and Milk
PM Snack	Cinnamon Graham Sticks, Apples	Churro Crackers and Water	Rice Cakes and Water	Chocolate Bear Grahams, Vanilla Pudding, and Water	Alphabet Cookies and Water
	15	16	17	18	19
Breakfast	Breakfast Muffin and Milk	Yogurt, Fruit, and Milk	Strawberry Cream Cheese Bagel	Breakfast Bar and Milk	Cheese Omelette, Hashbrown, and Milk
Lunch	Garlic Butter Oven Roasted Chicken Bites, String Beans, Pears, and Milk	Chickpea & Cauliflower Tacos, Tropical Fruit, and Milk	Flounder, Mixed Vegetables, Blueberries, Peaches, and Milk	Salisbury Steak, Mashed Potato, Man. Oranges and Milk	Lasagna, Garden Salad, Fresh Fruit, and Milk
PM Snack	Bug Bites and Water	Wheat Crackers, Cheese Stick, and Water	Chex Mix and Water	All Sports Bites and Water	Rice Cakes and Water
	22	23	24	25	26
Breakfast	Cereal, Fruit, and Milk	Breakfast Muffin and Milk	French Toast Sticks and Milk	Yogurt, Fruit, and Milk and Milk	Scrambled Eggs, Cinnamon Raisin Toast, and Milk
Lunch	Pizza Crunchers, String Beans, Peaches, and Milk	Mushroom & Kale Quesadilla, Avocado Tomato Salad, Pineapple and Milk	Turkey & Cheese Sandwich, Glazed Carrots, Cranberry Sauce, and Milk	Chicken and Vegetable Dumplings, Sugar Snap Peas, Man. Oranges, and Milk	Chicken Corn Mini Pot Pies, Peas, Fresh Fruit, and Milk
PM Snack	Chex Mix and Water	Apple Bear Graham, Applesauce, and Water	Chat Snax and Water	Cheese Stick, Wheat Crackers, and Water	Dino Bites and Water
	29	30	1	2	3
Breakfast	Breakfast Muffin and Milk	Cereal, Fruit and Milk	Mini Bagels, Butter, Jelly, and Milk	Yogurt, Fruit and Milk	Apple Cinnamon Overnight Oats and Milk
Lunch	Dino Broccoli Bites, Mixed Vegetables, Pineapples, and Milk	Chicken and Cheese Burrito, Butter Lima Beans, Peaches, and Milk	Beef and Vegetable Stew over Rice, Apples, and Milk	Maple Turkey Ham, Three Bean Salad, Pears, and Milk.	Turkey Pepperoni Calzone, Broccoli, Fresh Fruit, and Milk
PM Snack	Gold fish and Water	Shortbread Bites and Water	Soft Pretzels, Mustard, and Water	Clementines, Graham Crackers, and Water	Chex Mix and Water