



September Menu



GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Infant/Toddler Alternative

Meatless MONDAY		Taco TUESDAY		Chicken WEDNESDAY		Sammy THURSDAY		Fun FRIDAY	
	31		1		2		3		4
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk - Whole Milk		WG Cereal Oatmeal Bar, Applesauce, 1% Milk - Whole Milk		WG French Toast Sticks, 1/2 Banana, 1% Milk - Whole Milk		WG Blueberry Loaf, Diced Pears, 1% Milk, Whole Milk	
Lunch	Chef's Choice Day	Turkey Taco Bowl (Veggie Crumbles), Brown Rice, Diced Pears, Corn, 1% Milk - Whole Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk - Whole Milk		Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk - Whole Milk		WG Pizza, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk	
PM Snack	Chef's Choice Day	Vanilla Wafers, Yogurt, Water - Snack Puffs		Veggie Straws, Hummus, Water - Diced Cucumber		Wheat Thin Crackers, Mozzarella String Cheese, Water - WG Toasted Oats & Applesauce		Apple Fruit Bar, Animal Crackers	
	7		8		9		10		11
Breakfast		WG Spooner Cereal, 1% Milk - Whole Milk		Diced Mangoes, Yogurt, 1% Milk, Whole Milk		WG Banana Loaf, Blueberries, 1% Milk - Whole Milk		WG French Toast Sticks, 1% Milk - Whole Milk	
Lunch	SCHOOL CLOSED LABOR DAY!	Chicken/Cheese/Ranch Snack Wrap (Cheese) Diced Mango, Corn, 1% Milk, Whole Milk		WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk, Whole Milk, Cheese on WG Bread		WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk		Pizza Crunchers, Mandarin Oranges, Mixed Veggies, 1% Milk - Whole Milk	
PM Snack		Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices		Churro Bites, Water	
	14		15		16		17		18
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	WG Waffle, Berry Mix, 1% Milk, Whole Milk		WG Cereal 1% Milk - Whole Milk		Yogurt, WG Vanilla Graham Bears, 1% Milk, Whole Milk		Chef's Choice Day	
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk		WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk		Sloppy Joe Sammy, (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk		Chef's Choice Day	
PM Snack	WG Pizza Crackers, Mandarin Oranges, Water - Snack Puffs	Cheez Itz, Water		WG Rice Cake, Sunbutter, Water		Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges		Chef's Choice Day	
	21		22		23		24		25
Breakfast	Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk	WG Cereal, Cereal, 1% Milk - Whole Milk		WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk		WG Waffle, Berry Mix, 1% Milk - Whole Milk		WG Scooters Cereal, 1/2 Banana, 1% Milk, Whole Milk	
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk	Chicken Teriyaki Wrap (Vegan Crumbles), Broccoli, Mandarin Oranges, 1% Milk, Whole Milk		Chicken (Vegan Nuggets) Mashed Potato Bowl, Gravy, Tropical Fruit, 1% Milk, Whole Milk		Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk		Philly Cheesesteak (Vegan Griller) WG Roll, Potato Coins, Pineapples 1% Milk - Whole Milk	
PM Snack	WG All Sport Bites, Mandarin Oranges, Water - Snack Puffs	Apple Fruit Bar, Water		WG Soft Pretzel Rod, Applesauce, Water - Diced WG Soft Pretzel Rod		Townhouse Crackers, American Cheese Slice, Water		WG Graham Crackers Water	

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.