

September menu

Toddler substitution in ()

Breakfast and Lunch: Whole: milk 2yrs-younger, 2%: 3's & 4's, school age

Fruit Selections: Grapes, Apples, Oranges, bananas, pears berries, melons _____ 100% Juice Selections: Apple Grape orange

* wg whole grain

fish in the river : celery(pepper)/ cream cheese/golfish Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	2	3. english muffins/milk/jelly	4. cherrios/ milk	5. oranges/ grams	6. raisin bread/milk
Lunch	closed labor day	burgers on wheat buns roasted potatoes Fresh Fruit	spaghetti/meatballs broccoli fresh fruit	chicken tenders carrots fruit	chicken patties buns corn (green beans) fruit
PM Snack		vanilla wafers/ Juice	animal crackers/juice	pretzels/ juice	chex mix/juice
Breakfast	9. applesauce/grams/milk	10 waffles /milk	11.chex cereal /banana milk	12. oatmeal/berries/milk	13.oranges/kix/milk
Lunch	ham and cheese wg bread green beans peaches	chicken tenders broccoli Fresh Fruit	chicken alfredo carrots fruit	sloppy joes wheat buns roasted potatoes Fruit	Lasagna w/ meat corn (green beans) Fruit
PM Snack	Pretzels/juice	cucumber coins/ club crackers	cheese -its/ juice	grape tomatoes/cheese cubes	junior raisin mix/ juice
Breakfast	16.pears/ grams/milk	17. cinnamon toast/milk	18. rice krispies/banana/milk	19.biscuit/apple butter/milk	20. apple squares/milk
Lunch	spaghetti/meatballs broccoli fruit	chicken Fjitas cooked carrots Fruit	cheese pizza cooked peas Fruit	chicken tenders roasted potatoes Fruit	beef tacos refried beans Fruit
PM Snack	wheat thins/ juice	fish in river	goldfish/ juice	cheese and crackers	cheesy chex mix/ juice
Breakfast	23.peaches/berry kix/milk	24.wg pancakes/milk	25.branflakes/bananas/milk	26.cinnamon oatmeal/milk	27. cinnamon rolls/milk
Lunch	meatloaf red potatoes/rolls Fruit	beef and noodles cooked carrots Fruit	chicken tenders peas Fruit	turkey wraps peas fruit	sesame chicken & noodles cooked broccoli fruit
PM Snack	pita chips/ juice	pepper slices/oyster crackers	oranges/ triscuits	tortilla chips/cheese	apples/ wg ritz
Breakfast	30.mini bagels/milk				
Lunch	sloppy joes/wheat bun roasted potatoes mixed fruit				
PM Snack	pretzels /juice				
Breakfast					
Lunch					

PM Snack

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