

September Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B- Rice Chex, Raspberries, Milk L- Breadstick w/ marinara, Cheese slice, Lima beans, Pineapple, Milk S- Cheez-its, Milk
4 CLOSED for Labor Day	5 B- Waffles, Peaches, Milk L- Ham, Swiss cheese slice, Triscuits, Green beans, Applesauce, Milk S- Pretzels, Apple juice	6 B- Breakfast pizza, Peaches, Milk L- Salisbury steak, Mashed potatoes, Pineapple, Roll, Milk S- Pita chips, Hummus, Water	7 B- Life cereal, Pears, Milk L- Nachos w/ refried beans & cheese, Corn, Mandarin oranges, Milk S- Mini Bagel w/ peanut butter, Milk	8 B- Baked oatmeal, Baked apples, Milk L- Chef salad w/ turkey, cucumbers, tomatoes & cheese, Blueberries. Whole wheat crackers, Milk S- Chicken in a Biscuit crackers, Milk
11 B- Sausage links, Apricots, Milk L- Mini corndogs, Sweet potato fries, Pineapple, Milk S- Whole grain Goldfish, Milk	12 B- Rice Krispies, Peaches, Milk L- Roast beef, American cheese slice, Wheat Thins, Brussel sprouts, Diced mango, Milk S- Animal crackers, Milk	13 B- Hardboiled egg, Orange juice, Milk L- Little smokies, Mac & cheese, Green beans, Raspberries, Milk S- Strawberry Mini Wheats, Milk	14 B- Multigrain Cheerios, Pears, Milk L- Grilled cheese w/ whole wheat bread, Tomato soup, Banana, Milk S- Sunchips, Apple juice	15 B- Yogurt w/ granola, Strawberries, Milk L- Tuna Salad w/ whole wheat roll, Sliced cucumbers, Orange slices, Milk S- Graham crackers, Milk
18 B- Pancakes, Tropical fruit salad, Milk L- Grilled chicken filet w/ whole wheat bun, Broccoli, Mandarin oranges, Milk S- String cheese, Saltine crackers, Water	19 B- Crispix, Pear juice, Milk L- Ham, Swiss cheese slice, Club crackers, Diced potatoes, Peaches, Milk S- Cheddar Chex mix, Milk	20 B- Blueberry English muffin w/ butter, Apricots, Milk L- Pepperoni pizza, Lima beans, Applesauce, Milk S- Banana, Milk	21 B- Kix, Pineapple, Milk L- Soft shell tacos w/ meat, lettuce, tomatoes & cheese, Black beans, Blueberries, Milk S- Raisins, Pretzels, Water	22 B- Cheese omelet, Pears, Milk L- Chicken salad w/ whole wheat pita, Baby carrots, Apple slices, Milk S- Chocolate chip muffin, Milk
25 B- Honey Bunches of Oats, Cranberry juice, Milk L- Chicken fried rice w/ eggrolls, Peas, Mandarin oranges, Milk S- Teddy Grahams, Milk	26 B- Plain bagel w/ strawberry cream cheese, Pears, Milk L- Turkey, American cheese slice, Whole wheat bun, Sweet potatoes, Pineapple, Milk S- Caramel rice cakes, Milk	27 B- Oatmeal Squares, Apricots, Milk L- Scrambled eggs w/ mini bagel, Hash rounds, Raspberries, Milk S- Sliced grapes, Triscuits, Water	28 B- French toast sticks, Peaches, Milk L- Chili, Baked potato, Blackberries, Whole wheat crackers, Milk S- Raspberry yogurt, Cheerios, Water	29 B- Sausage biscuit, Applesauce, Milk L- PB & J sandwich on whole wheat bread, String cheese, Cauliflower w/ dip, Banana, milk S- Oyster crackers, Pineapple juice

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