 September Menu

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | | **TUESDAY** | | **WEDNESDAY** | | **THURSDAY** | | **FRIDAY** | |
|  | **4** | | **5** | | **6** | | **7** | | **8** | |
| **Breakfast** |  | |  | | Cinnamon Oatmeal, Peaches & Milk | | Cold Cereal , Banana & Milk | | Biscuit w/cheese, Sliced Apples & Milk | |
| **Lunch** |  | |  | | **Chicken & Black Bean Casserole, Steamed Green beans, Cantaloupe & Milk. Vegetarian: Black Bean w/cheese.** | | Savory Meatloaf, Mashed Potatoes, Peaches & Milk. **Vegetarian: Veggie patty** | | BBQ Chicken Sandwich on a whole wheat Bun, Steamed Green Beans, Mandarin Oranges & Milk. **Vegetarian: N/A** | |
| **Afternoon Snack** |  | |  | | Cheddar Goldfish w/ sliced Apples & Water. | | Mandarin Oranges w/ Animal Crackers & Water. | | Teddy Graham w/ pineapple & Water | |
| **PM Snack** |  | |  | | Nutrigrain Bar & 100% Juice | | Sun Chips & 100% Juice | | Trail Mix & 100% Juice | |
|  | **11** | | **12** | | **13** | | **14** | | **15** | |
| **Breakfast** | English Muffin, Fresh Melon & Milk | | Warm Cinnamon Roll, Tropical Fruit & Milk | | Cold Cereal, Peaches & Milk | | Bagels w/ Cheese, Sweet Pears & Milk | | Warm Oatmeal , Tropical Fruit & Milk | |
| **Lunch** | Spaghetti, Seasoned Green Beans, Sliced Apples & Milk. **Vegetarian: Marinara Sauce Over Noodles** | | Turkey & Cheese Wrap, Steamed seasoned Peas, Sweet Pears & Milk. **Vegetarian: Cheese Wrap** | | Hamburger On a Whole Wheat Bun, Seasoned Green Beans, Pineapple & Milk. **Vegetarian: Cheese On a Whole Wheat Bun** | | Mac n' Cheese, Steamed Carrots, Mixed Fruit & Milk. **Vegetarian: N/A** | | Mile High Taco Pie, Seasoned Peas, Mandarin Oranges & Milk. **Vegetarian: Veggie Patty** | |
| **Afternoon Snack** | Cheddar Goldfish w/ Mixed Fruit & Water | | Graham Crackers w/ Fruit & Water | | Wheat Thins w/ Sliced Cheese & Water | | Fresh Melon w/ Cinnamon Rolls & Water | | Vanilla Pudding w/\* Graham Cracker sticks. | |
| **PM Snack** | Vanilla Wafers & 100% Juice | | Nutrigrain Bar & 100% Juice | | Crackers & 100% Juice | | Trail Mix & 100% Juice | | Crispy Cereal Bar & 100% Juice | |
|  | | 18 | | 19 | | 20 | | 21 | | 22 | |
| **Breakfast** | | Biscuits, Mandarin Oranges & Milk | | Home-style Waffles, Applesauce & Milk | | Fruit Whirl Cereal, Melon & Milk | | Croissant, Pineapple & Milk | | Oatmeal, Mixed Fruit & Milk | |
| **Lunch** | | Salisbury Steak w/ Gravy, Seasoned Peas, Tropical Fruit & Milk. Vegetarian: Veggie Patty | | Chicken Alfredo Bowl, Steamed Broccoli, Sweet Pears & Milk. Vegetarian: Cheesy Alfredo Bowl | | BBQ Chicken Sandwich, Steamed Carrots, Peaches & Milk. Vegetarian: Cheese On a Whole Wheat Bun | | Three Cheese Baked Ziti, Steamed Broccoli, Applesauce & Milk. Vegetarian: N/A | | Turkey Pot Roast Over Noodles, Steamed Corn, Sweet Pears & Milk. Vegetarian: Veggie Patty | |
| **Afternoon Snack** | | Mixed Fruit w/ Crackers & Water | | Pretzels w/ Chocolate pudding & Water | | Blueberry Muffin w/ Fruit & Water | | Wheat Thins, Cheese Cubes & Water | | Celery w/ Ranch Dressing & Water (2 & Under: Goldfish) | |
| **PM Snack** | | Sun Chips & 100% Juice | | Crispy Cereal Bar & 100% Juice | | Trail Mix & 100% Juice | | Animal Crackers & 100% Juice | | Nutrigrain Bar & 100% Juice | |
|  | | 25 | | 26 | | 27 | | 28 | | 29 | |
| **Breakfast** | | Home-style Potatoes, Banana & Milk | | Pancakes, Applesauce & Milk | | Bagels w/ Cream Cheese, Pears & Milk | | Cold Cereal, Mixed Fruit & Milk | | Blueberry Muffin, Oranges & Milk | |
| **Lunch** | | Cheeseburger On a Whole Wheat Bun, Steamed Carrots, Pineapple & Milk. Vegetarian: Cheese On a Whole Wheat Bun | | Creamy Chicken rice bowl, Steamed Broccoli, Apples & Milk. Vegetarian: Cheesy Black Bean Casserole | | Savory Meatloaf, Mashed Potatoes, Mixed Vegetables, Tropical Fruit & Milk. Vegetarian: Veggie Bites | | Grilled Cheese Sandwich, Seasoned Green Beans, Pineapple & Milk. Vegetarian: N/A | | Cheese Tortellini, Steamed Broccoli, Mixed Fruit & Milk. Vegetarian: N/A | |
| **Afternoon Snack** | | Vanilla Pudding w/ Vanilla Wafers & Water | | Cinnamon Rolls w/ Mandarin Oranges & Water | | Baked Brown Sugar Applesauce w/ Crackers & Water | | Peaches w/ Pretzels & Water | | Raisins w/ Toasted Oats Cereal, Banana & Water (2 & Under: No Raisins) | |
| **PM Snack** | | Animal Crackers & 100% Juice | | Trail Mix & 100% Juice | | Wheat Thins & 100% Juice | | Vanilla wafers & 100% Juice | | Crispy Cereal Bar & 100% Juice | |