 September Menu

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| --- | --- | --- | --- | --- | --- |
|  | **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  |