



September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Whole Wheat Cheese Pizza, Peas and Carrots, Pineapple, Milk/water PM Snack: Animal Crackers, Mandarin Oranges, Water
 Closed for Labor Day	4 Breakfast: Whole Grain Stick French Toast, Pineapple, Milk/ Water Lunch: Beef Tacos, Corn, Diced Peaches, Milk/ Water PM Snack: String Cheese, Pretzel sticks, Water	5 Breakfast: Whole Wheat Pancakes, Pears, Milk/ Water Lunch: Chicken Sliders, Green Beans, Diced Pears, Milk/ Water PM Snack: Whole Wheat Ritz Crackers, Fresh Cantaloupe, Water	6 Breakfast: Waffles, Fresh Blueberries, Milk/ Water Lunch: Whole Wheat Tortilla Turkey and Cheese Roll-Ups, Carrots, Mandarin Oranges, Milk/ Water PM Snack: Cottage Cheese, Peaches, Water	7 Breakfast: Whole Grain Kix Cereal, Fresh Banana, Milk/ Water Lunch: Whole Wheat Cheese Pizza, Peas and Carrots, Fresh Apples, Milk/ water PM Snack: Vanilla Pudding, Nilla Wafers, Milk/Water
11 Breakfast: Blueberry Muffins, Pears, Milk/ Water Lunch: Hamburger on Whole Grain Bun, Corn, Pears, Milk/ Water PM Snack: Pretzels, Pineapple, Water	12 Breakfast: Whole Grain Stick French Toast, Mandarin Oranges, Milk/ Water Lunch: Beef Tacos, Corn, Sliced Peaches, Milk/ Water PM Snack: Animal Crackers, Pineapple, milk/water	13 Breakfast: Whole Wheat Pancakes, Applesauce, Milk/ Water Lunch: Chicken Nuggets, Mixed Vegetables, Whole Wheat Bread, Fresh Oranges, Milk/Water PM Snack: Whole Grain Bagel with Cream Cheese, Pears, Water	14 Breakfast: Whole Wheat Waffles, Fresh Strawberries, Milk/ Water Lunch: Whole Wheat Grilled Cheese Sandwiches, California Vegetables, Pineapple, Milk/ Water PM Snack: Ritz Crackers, Fresh Blueberries, Water	15 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Whole Wheat Cheese Pizza, Peas and Carrots, Pears, Milk/ Water PM Snack: Trail Mix, 100% Fruit Juice, Water
18 Breakfast: Banana Muffins, Pears, Milk/ Water Lunch: Hamburger on Whole Grain Bun , Green Beans, Diced Peaches, Milk/Water PM Snack: Whole Wheat Goldfish, Fresh Oranges, Water	19 Breakfast: Whole Grain Stick French Toast, Apple Sauce, Milk/ Water Lunch: Beef Tacos, Corn, Diced Pears, Whole Wheat Bread, Milk/Water PM Snack: Ritz Crackers, cheese Slices, Water	20 Breakfast: Whole Wheat Pancakes, Peaches, Milk/ Water Lunch: Chicken Sliders, Fresh Carrots, Fresh Apple Slices, Milk/ Water PM Snack: Cheese Quesadilla, Water	21 Breakfast: Whole Wheat Waffles, Fresh Blueberries, Milk/Water Lunch: Whole Wheat Tortillas Turkey and Cheese Rollups, Peas and Carrots, Mixed Fruit, Milk/ Water PM Snack: String Cheese, Fresh Watermelon, Water	22 Breakfast: Special K Cereal, Fresh Banana, Milk/ Water Lunch: Whole Wheat Cheese Pizza, Mixed Vegetables, Sliced Apricots, Milk/ Water PM Snack: Saltine Crackers, Sliced Cheese, Milk/Water
25 Breakfast: Apple Muffins, Pears, Milk/ Water Lunch: Hamburger on Whole Grain Bun , Carrots, Fresh Orange Slices, Milk/ Water PM Snack: Cottage Cheese, Fresh Cantaloupe, Water	26 Breakfast: Whole Grain Stick French Toast, Mixed Fruit, Milk/Water Lunch: Beef Tacos, Corn, Pears, Milk/ Water PM Snack: Graham Crackers, Fresh Apples, Water	27 Breakfast: Whole Wheat Pancakes, Fresh Blueberries, Milk/ Water Lunch: Chicken Nuggets, Green Beans, Fresh Apples, Whole Wheat Bread, Milk/ Water PM Snack: Vanilla Pudding, Nilla Wafers, Water	28 Breakfast: Whole Wheat Waffles, Fresh Strawberries, Milk/ Water Lunch: Whole Wheat Grilled Cheese, Carrots, Pineapple Chunks, Milk/ Water PM Snack: Whole Grain Wheat Thins, String Cheese, Water	29 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Whole Wheat Cheese Pizza, Mixed Veggies, Pineapple, Milk/water PM Snack: Animal Crackers, Fresh Apples, Water

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice is 100% fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination of the basis of race, color, national origin, sex, age, or disability.