




September 2022



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast: French Toast, Mandarin Oranges, Milk/ Water Lunch: Chicken Tenders, Fresh Carrots, Diced Pears, Roll, Milk/ Water PM Snack: Whole Grain Club Crackers with fruit jam, Fresh Apples, Water	2 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Cheese Pizza, Green Beans, Pineapple, Milk/water PM Snack: Animal Crackers, Mandarin Oranges, Water
5  Closed for Labor Day	6 Breakfast: Cinnamon Waffles, Pineapple, Milk/ Water Lunch: Beef Fingers, Green Beans, Diced Peaches, Whole Wheat Bread, Milk/ Water PM Snack: String Cheese, Pretzel sticks, Water	7 Breakfast: Beef Kolaches, Pineapples, Milk/ Water Lunch: Chicken Sliders, Corn, Diced Pears, Milk/ Water PM Snack: Whole Wheat Ritz Crackers, Fresh Cantaloupe, Water	8 Breakfast: Vanilla Yogurt Parfait, Granola, Fresh Blueberries, Milk/ Water Lunch: Whole Grain Spaghetti and Meat Sauce, Peas, Mandarin Oranges, Garlic Bread, Milk/ Water PM Snack: Cottage Cheese, Peaches, Water	9 Breakfast: Whole Grain Kix Cereal, Fresh Banana, Milk/ Water Lunch: Turkey & Cheese Roll ups, Fresh Zucchini, Fresh Apples, Milk/ water PM Snack: Vanilla Pudding, Nilla Wafers, Milk/Water
12 Breakfast: Pancake and Sausage on a Stick, Fruit cocktail, Milk/ Water Lunch: Hamburger on Whole Grain Bun, Peas, Pears, Milk/ Water PM Snack: Pretzels, Pineapple Cream Cheese Spread, Fresh Oranges, Water	13 Breakfast: French Toast, Bacon, Mandarin Oranges, Milk/ Water Lunch: Beef Lasagna, Broccoli, Sliced Peaches, Garlic Bread, Milk/ Water PM Snack: Animal Crackers, Pineapple, milk/water	14 Breakfast: Blueberry Muffin, Applesauce, Milk/ Water Lunch: Chicken Nuggets, Mixed Vegetables, Roll, Fresh Oranges, Milk/Water PM Snack: Whole Grain Bagel with Strawberry Cream Cheese, Pears, Water	15 Breakfast: Beef Kolaches, Mandarin Oranges, Milk/ Water Lunch: Grilled Cheese Sandwiches, California Vegetables, Pineapple, Milk/ Water PM Snack: Whole Grain Rice Cake, Cream Cheese, Fresh Blueberries, Water	16 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Fish Sticks, Peas, Fresh Cantaloupe, Whole Wheat Bread, Milk/ Water PM Snack: Trail Mix, 100% Fruit Juice, Water
19 Breakfast: French Toast, Bacon, Pears, Milk/ Water Lunch: Smoked Sausage, Baked Beans, Corn Bread, Diced Peaches, Milk/Water PM Snack: Whole Wheat Goldfish, Fresh Oranges, Water	20 Breakfast: Pancakes, Apple Sauce, Milk/ Water Lunch: Beef Fingers, Green Beans, Diced Pears, Whole Wheat Bread, Milk/Water PM Snack: Ritz Crackers, cheese Slices, Water	21 Breakfast: Apple Muffins, Peaches, Milk/ Water Lunch: Chicken Nuggets, Mashed Potato, Fresh Carrots, Fresh Apple Slices, Whole Wheat Bread, Milk/ Water PM Snack: Cheese Quesadilla, Water	22 Breakfast: Vanilla Yogurt Parfait with Granola, Fresh Blueberries, Milk/Water Lunch: Chicken Sliders, Corn, Mixed Fruit, Milk/ Water PM Snack: Veggie Straws, Fresh Watermelon, Water	23 Breakfast: Special K Cereal, Fresh Banana, Milk/ Water Lunch: Turkey and Cheese Roll Up, Mixed Vegetables, Sliced Apricots, Milk/ Water PM Snack: Saltine Crackers, Sliced Cheese, Milk/Water
26 Breakfast: Blueberry Muffins, Peaches, Milk/ Water Lunch: Macaroni and Cheese, Peas, Fresh Orange Slices, Milk/ Water PM Snack: Cottage Cheese, Fresh Cantaloupe, Water	27 Breakfast: Pancake w/ Sausage on a Stick, Pineapple Tidbits, Milk/Water Lunch: Mini Corn Dogs, California Vegetables, Pears, Milk/ Water PM Snack: Graham Crackers, Fresh Apples, Water	28 Breakfast: French Toast, Pears, Milk/ Water Lunch: Chicken Tenders, Peas, Fresh Apples, Whole Wheat Bread, Milk/ Water PM Snack: Chocolate Pudding, Nilla Wafers, Water	29 Breakfast: Bagels, Fresh Strawberries, Milk/ Water Lunch: Chicken Patty, Garden Salad with Ranch Dressing, Pineapple Chunks, Milk/ Water PM Snack: Whole Grain Wheat Thins, String Cheese, Water	30 Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Cheese Pizza, Green Beans, 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 on the basis of race, color, national origin, sex, age, or disability.