

# AUG/SEP



MON

TUE

WED

THU

**\*Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

28

**B:** Scrambled Eggs, WW Bread, Cantaloupe, Skim Milk  
**L:** Chicken Pizza, Spinach Salad, Pears, Skim Milk  
**S:** Chex Mix, Skim Milk

29

**B:** Cranberry Scones, Oranges, Skim Milk  
**L:** Beef Stew, WW Rolls, Bananas, Skim Milk  
**S:** Cheese Quesadilla-WW, Skim Milk

02



03

**B:** Baked WW French Toast, Applesauce, Skim Milk  
**L:** Ham, Rolls, **Cabbage Salad**, Peaches, Skim Milk  
**S:** WW Bagels & Cream Cheese, Skim Milk

04

**B:** Mixed Berry Yogurt Parfait, Skim Milk  
**L:** WW Tuna Melt, Green Beans, Oranges, Skim Milk  
**S:** WW Crackers, Veggies with Ranch, Skim Milk

05

**B:** Cheerios, Pears, Skim Milk  
**L:** Onion Soup, Roast Beef Sandwich, Bananas, Skim Milk  
**S:** Cinnamon Pita, Skim Milk

09

**B:** Oatmeal, Oranges, Skim Milk  
**L:** Tater-Tot Casserole, Green Beans, Peaches, Skim Milk  
**S:** Peanut Butter Oatmeal Energy Balls, Skim Milk

10

**B:** Banana Bread, Skim Milk  
**L:** Chicken Enchiladas Casserole, Salad, Pears, Skim Milk  
**S:** Ants on a Log (Celery, Peanut Butter, Raisins), Pretzels, Skim Milk

11

**B:** Cinnamon Toast Crunch, Mandarin Oranges, Skim Milk  
**L:** Cheese Pizza, Pineapple, **Broccoli**, Skim Milk  
**S:** PB & J Sandwiches, Skim Milk

12

**B:** Waffle Fruit Breakfast Pizzas, Skim Milk  
**L:** Tomato Soup, Ham & Cheese Sandwiches, Apples, Skim Milk  
**S:** Cottage Cheese, WW Crackers, Skim Milk

16

**B:** Pumpkin Muffins, Applesauce, Skim Milk  
**L:** Spaghetti, Garden Salad, Pears, Skim Milk  
**S:** Berry Smoothie, Animal Crackers, Skim Milk

17

**B:** Peach Yogurt Parfaits, Skim Milk  
**L:** Meatloaf, WW Bread, Carrots, Mandarin Oranges, Skim Milk  
**S:** Apple Slices, Cream Cheese Squares on Graham Crackers, Skim Milk

18

**B:** Baked Apples, French Toast, Skim Milk  
**L:** BBQ Pork WW Sandwich, Coleslaw, Pineapple, Skim Milk  
**S:** Dilly Dip, Veggies & Pretzels

19

**B:** Cream of the West, Strawberries, Skim Milk  
**L:** Chicken Noodle Soup, Bananas, Skim Milk  
**S:** Ritz Crackers, Cheese, Snap Peas

23

**B:** Chex Cereal, Berries, Skim Milk  
**L:** Beef Stroganoff, Green Beans, Oranges, Skim Milk  
**S:** WW Crackers, Cottage Cheese, Veggies, Skim Milk

24

**B:** Cinnamon Bread, Applesauce, Skim Milk  
**L:** Chicken Taco Salad, Pineapple, Skim Milk  
**S:** Apples, Peanut Butter Pretzels, Skim Milk

25

**B:** Ham, Egg & Cheese English Muffin Sandwich, Pears, Skim Milk  
**L:** Turkey Roast, Mashed Potatoes, WW Bread, Peaches, Skim Milk  
**S:** Fruit Smoothie, Graham Crackers

26

**B:** Blueberry Scones, Fruit Yogurt, Skim Milk  
**L:** Chilli, Cornbread, Fresh Pears, Skim Milk  
**S:** Strawberry Bagels, Apple Slices, Skim Milk

30

**B:** WW Pumpkin Bread, Applesauce, Skim Milk  
**L:** Tuna Noodle Casserole, Green Beans, Peaches, Skim Milk  
**S:** WW Cinnamon Bread, Skim Milk

An equal opportunity employer and provider.

\*Menu is subject to change



