



SEPTEMBER

MON

TUE

WED

THU

01

Open House

02 **First Day of School!**

B: Life, Cantaloupe, Skim Milk
L: Bean Burrito, Salad, Oranges, Skim Milk
S: WW Crackers, Cheese Sticks, Skim Milk

03

B: Ham & Chees English Muffin Sandwiches, Peaches, Skim Milk
L: Chili, Cornbread, Fresh Pears, Skim Milk
S: Fruit Smoothies, Graham Crackers, Skim Milk

07

Labor Day No School

08

B: Kix Cereal, Pineapple, Skim Milk
L: Tuna Noodle Casserole, Green Beans, Peaches, Skim Milk
S: Mini Bagels, Cream Cheese, Apples, Skim Milk

09

B: Cinnamon Swirl Bread, Peaches, Skim Milk
L: Hot Dogs w/ Buns, Pickles, Apples, Skim Milk
S: Wheat Thins, Mixed Veggies w/ Ranch, Skim Milk

10

B: Yogurt & Strawberry Parfaits, Skim Milk
L: White Chicken Chili, WW Tortilla Chips, Bananas, Skim Milk
S: Cream Cheese Bagels, Skim Milk

14

B: Blueberry Muffins, Yogurt, Skim Milk
L: Chicken Salad, WW Pita Veggies, Apples, Skim Milk
S: WW Crackers, Pepperoni & Cheese, Skim Milk

15

B: Cheesy Scrambled Eggs, WW Bread, Mandarin Oranges, Skim Milk
L: Ziti Bake, Salad, Mixed Fruit, Skim Milk
S: WW Cinnamon Bread, Skim Milk

16

B: Corn Chex, Oranges, Skim Milk
L: Beef Stroganoff, Green Beans, Oranges, Skim Milk
S: Bread Sticks w/ Marinara, Skim Milk

17

B: Fruit Breakfast Pizza, Skim Milk
L: Navy Bean & Ham Soup, WW Rolls, Apples, Skim Milk
S: Banana Graham Cracker Pops, Skim Milk

21

B: Cream of the West, Cantaloupe, Skim Milk
L: Chicken Pot Pie w/ Biscuit Crust, Peaches, Skim Milk
S: Sun Butter & Banana Sushi Rolls (Sun Butter & Bananas in WW Tortilla), Skim Milk

22

B: Turkey Sausage Egg Muffin Bake, Pineapple, Skim Milk
L: Beef Tacos, Salad, Mixed Fruit, Skim Milk
S: Yogurt & Graham Crackers, Skim Milk

23

B: Oven Baked Pancakes, Applesauce, Skim Milk
L: Tuna Melts, Pickles, Apples, Skim Milk
S: Ritz Crackers & Cheese, Skim Milk

24

B: Cheerios, Apples, Skim Milk
L: Chicken Noodle Soup, WW Crackers, Oranges, Skim Milk
S: Cheese Sticks & Pretzels, Skim Milk

28

B: French Toast, Oranges, Skim Milk
L: Ham, Scalloped Potatoes, WW Rolls, Apples, Skim Milk
S: Yogurt, Animal Crackers, Skim Milk

29

B: Cheesy Cheddar Drop Biscuits, Apples, Skim Milk
L: Chicken Taco Wrap, Mixed Fruit, **Broccoli & Cauliflower**, Skim Milk
S: Goldfish Boats (Celery, Cream Cheese, Goldfish), Skim Milk

30

B: Life Cereal, Peaches, Skim Milk
L: Cheeseburgers w/ Lettuce & Tomatoes, Apples, Skim Milk
S: Cinnamon Goldfish Crackers, Sun Butter, Skim Milk

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