



SEPTEMBER

MON

TUE

WED

THU

01



02 First Day of School!

B: Chex Cereal, Berries, Skim Milk
L: Bean Burrito, Salad, Oranges, Skim Milk
S: WW Crackers, Cheese Sticks, Skim Milk

03

B: Cinnamon Bread, Applesauce, Skim Milk
L: Chicken Taco Salad, Pineapple, Skim Milk
S: Apples, Animal Crackers, Skim Milk

04

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

08

B: WW Pumpkin Bread, Applesauce, Skim Milk
L: Tuna Noodle Casserole, Green Beans, Peaches, Skim Milk
S: Mini Bagels w/ Cream Cheese, Apples, Skim Milk

09

B: Oatmeal, Mandarin Oranges, Skim Milk
L: Turkey Roast, Mashed Potatoes, WW Bread, Pears, Skim Milk
S: Banana Graham Cracker Pops, Skim Milk

10

B: Yogurt & Strawberry Parfaits, Skim Milk
L: Ham Mac n' Cheese, Broccoli, Pineapple, Skim Milk
S: Applesauce Muffins, Skim Milk

11

B: Oven Baked Pancakes w/ Spiced Pears, Skim Milk
L: Cheeseburgers w/ Lettuce & Tomatoes, WW Tortilla Chips, Apples, Skim Milk
S: Trail Mix, Skim Milk

15

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

16

B: Cheesy Scrambled Eggs, WW Bread, Mandarin Oranges, Skim Milk
L: Lasagna, Salad, Pears, Skim Milk
S: WW Cinnamon Bread, Skim Milk

17

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

18

B: Baked Oatmeal, Peaches, Skim Milk
L: White Chicken Chilli, WW Rolls, Bananas, Skim Milk
S: Wheat Thins, Mixed Veggies w/ Ranch, Skim Milk

22

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

23

B: Turkey Sausage Egg Muffin Bake, Pineapple, Skim Milk
L: Beef Tacos, Salad, Pears, Skim Milk
S: Goldfish Boats (Celery, Cream Cheese, Goldfish), Skim Milk

24

B: French Toast, Baked Apples, Skim Milk
L: Tuna Melts, Pickles, Apples, Skim Milk
S: Peanut Butter & Jelly Sandwiches, Skim Milk

25

B: Fruit Breakfast Pizzas on English Muffins, Skim Milk
L: Navy Bean & Ham Soup, WW Rolls, Bananas, Chocolate Milk!
S: Cheesticks & Pretzels, Skim Milk

29

B: Cheesy Cheddar Drop Biscuits, Apples, Skim Milk
L: Chicken Taco Wrap, Pears, **Broccoli & Cauliflower**, Skim Milk
S: Yogurt & Graham Crackers, Skim Milk

30

B: Oatmeal, Peaches, Skim Milk
L: Ham, Scalloped Potatoes, WW Rolls, Pineapple, Skim Milk
S: Cottage Cheese, WW Crackers, Skim Milk

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

An equal opportunity employer and provider.

*Menu is subject to change.

