

SEPTEMBER 2023 Menu



MILK IS SERVED WITH LUNCH

(Whole milk for children under 2 years; 1% milk for children over 2 years)

Water is offered throughout the day and at meals

Fresh Fruit Options: Apples, Bananas, Oranges, Pears, Grapes, Berries, Melon

Cereal Options: Chex, Cheerios, Corn Flakes, Rice Krispies, Raisin Bran

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B Cereal, Fruit, Milk L Fish Sticks, Corn, Fruit S Graham Crackers, Soy Butter, Fruit, Water
4 	5 B Cereal, Fruit, Milk L Mini Corn Dogs, Carrots, Fruit S Trail Mix, Fruit, Water	6 B English Muffin, Fruit, Milk L Lasagna, Peas, Fruit S Wheat Thins, Fruit, Milk	7 B Cereal, Fruit, Milk L Meatloaf, Broccoli, Mashed Potatoes, Fruit, Bread S Soy Butter & Jelly Roll-up, Milk	8 B French Toast Sticks, Fruit, Milk L Chicken Nuggets, Green Beans, Fruit S Goldfish Crackers, Fruit, Water
11 B Cereal, Fruit, Milk L Hot Dog, Carrots, Fruit, Bread S Veggie Straws, Fruit, Water	12 B Toast, Fruit, Milk L Meatballs, Green Beans, Fruit, Bread S String Cheese, Crackers, Water	13 B Cereal, Fruit, Milk L Turkey & Cheese Sand., Broccoli, Fruit S Cucumbers, Carrots, Crackers, Water	14 B Fruit and Yogurt Parfait, Water L Breakfast Burrito, Peas, Fruit S Cheese Crackers, Fruit, Water	15 B Cereal, Fruit, Milk L Salisbury Steak, Mashed Potatoes, Corn, Fruit, Bread S Trail Mix, Fruit, Water
18 B Waffles, Fruit, Milk L Cheeseburger, Broccoli, Fruit, Bread S Graham Crackers, Fruit, Milk	19 B Cereal, Fruit, Milk L Salami & Cheese Sand., Green Beans, Fruit S Cucumbers, Carrots, Crackers, Water	20 B Oatmeal, Fruit, Milk L Swedish Meatballs, Broccoli, Fruit, Bread S Wheat Thins, Fruit, Water	21 B Cereal, Fruit, Milk L Taco, Black Beans, Corn, Fruit S Trail Mix, Fruit, Water	22 B Pancakes, Fruit, Milk L Chicken Pot Pie, Carrots, Fruit, Bread S Animal Crackers, Fruit, Water
25 B Cereal, Fruit, Milk L Chicken Patty, Corn, Fruit S Fruit Salad, Crackers, Water	26 B Yogurt, Granola, Fruit, Water L Sloppy Joe Sandwich, Peas, Fruit S Veggie Straws, Fruit, Water	27 B Cereal, Fruit, Milk L Chicken & Cheese Quesadilla, Refried Beans, Fruit S Cheese Crackers, Fruit, Water	28 B English Muffin, Fruit, Milk L Soy Butter & Jelly Sandwich, Carrots, Fruit S Crackers, Cheese, Fruit, Water	29 B Cereal, Fruit, Milk L Hot Dog, Mac & Cheese, Broccoli, Fruit S Graham Crackers, Soy Butter, Milk