

# SEPTEMBER 2022 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> B Yogurt, Granola, Fruit, Water  L Meatballs, Green Beans, Fruit, Bread  S Animal Crackers, Fruit, Milk	<b>2</b> B Oatmeal, Fruit, Milk  L Hot Dog, Peas, Fruit, Bread  S Graham Crackers, Soy Butter, Milk
<b>5</b> 	<b>6</b> B Cereal, Fruit, Milk  L Fish Sticks, Green Beans, Fruit  S Cheese Crackers, Fruit, Water	<b>7</b> B English Muffin, Fruit, Milk  L Taco, Black Beans, Corn w/Salsa, Fruit  S Veggie Straws, Fruit, Water	<b>8</b> B Cereal, Fruit, Milk  L Salami & Cheese Sandwich, Broccoli, Fruit  S Goldfish, Raisins, Milk	<b>9</b> B French Toast Sticks, Fruit, Milk  L Chicken Patty, Carrots, Fruit  S Wheat Thins, Fruit, Milk
<b>12</b> B Cereal, Fruit, Milk  L Cheeseburger, Corn, Fruit, Bread  S Cucumbers, Carrots, Crackers, Water	<b>13</b> B Pancakes, Fruit, Milk  L Mini Corn Dogs, Broccoli, Fruit  S Whole Grain Tortilla Chips, Salsa, Milk	<b>14</b> B Cereal, Fruit, Milk  L Swedish Meatballs, Carrots, Fruit, Bread  S Graham Crackers, Soy Butter, Milk	<b>15</b> B Waffles, Fruit, Water  L Hot Dog, Mac & Cheese, Peas, Fruit  S Trail Mix, Fruit, Water	<b>16</b> B Cereal, Fruit, Milk  L Soy Butter & Jelly Sandwich, Green Beans, Fruit  S Animal Crackers, Fruit, Milk
<b>19</b> B Yogurt, Granola, Fruit, Water  L Meatloaf, Mashed Potatoes, Peas, Fruit, Bread  S Simply Chex, Fruit, Water	<b>20</b> B Cereal, Fruit, Milk  L Mac & Beef, Carrots, Fruit  S Cheese Crackers, Fruit, Water	<b>21</b> B French Toast Sticks, Fruit, Milk  L Salisbury Steak, Broccoli, Fruit  S String Cheese, Crackers, Water	<b>22</b> B Cereal, Fruit, Milk  L Turkey & Cheese Sandwich, Green Beans, Fruit  S Veggie Straws, Fruit, Milk	<b>23</b> B Toast, Fruit, Milk  L Breakfast Burrito, Corn, Fruit  S Graham Crackers, Soy Butter, Milk
<b>26</b> B Cereal, Fruit, Milk  L Chicken Nuggets, Broccoli, Fruit  S Wheat Thins, Fruit, Water	<b>27</b> B Oatmeal, Fruit, Milk  L Hamburger, Corn, Fruit, Bread  S Trail Mix, Fruit, Milk	<b>28</b> B Cereal, Fruit, Milk  L Lasagna, Green Beans, Fruit  S Soy Butter & Jelly Roll-up, Milk	<b>29</b> B Pancakes, Fruit, Milk  L Grilled Cheese Sand., Carrots, Fruit  S Cucumbers, Carrots, Crackers, Water	<b>30</b> B Cereal, Fruit, Milk  L Fish Sticks, Peas, Fruit  S Cheese Crackers, Fruit, Water