



# September



week 1	Monday-4	Tuesday-5	Wednesday-6	Thursday-7	Friday-8
<b>breakfast</b>	Center	Waffles, Applesauce & Milk	Egg Casserole, Peaches & Milk	Oatmeal, Bananas & Milk	English Muffins, Blueberries & Milk
<b>am snack</b>	CLOSED	Raisins, Celery & Milk	Cranberry/Apple Quinoa Salad & Milk	Fruit Smoothies & Water	Fruit/Veggie Muffins & Milk
<b>lunch</b>	for	Quesadillas w/ Chicken, Peas & Carrots, Pineapple & Milk	Pita Pockets: Meat, Lettuce, Cheese, Tomato, Ranch, Pears, Green Beans & Milk	Breakfast for Lunch Eggs & Pancakes, Fruit Cocktail, Corn & Milk	Zucchini Lasagna, Broccoli, Applesauce & Milk
<b>pm snack</b>	Labor Day	Chips, Salsa & Water	Hummus, Pita Chips & Water	Carrots, Ranch Dip & Milk	Watermelon Salad w/ Feta Cheese & Water
week 2	Monday-11	Tuesday-12	Wednesday-13	Thursday-14	Friday-15
<b>breakfast</b>	Cereal, Peaches & Milk	Pancakes, Grapes & Milk	Breakfast Burritos Eggs, Applesauce & Milk	Oatmeal Bake w/Apples & Milk	English Muffins, Blueberries & Milk
<b>am snack</b>	Blueberries, Yogurt & Water	Apple Slices & Water	Oranges, Pretzels & Water	Hard Boiled Eggs, Toast & Water	Zucchini/Carrot Muffins & Milk
<b>lunch</b>	Fettuccini Alfredo, M. Oranges, Green Beans & Milk	Tacos w/ Beef, Lettuce, Cheese, Salsa, Corn, Pears & Milk	Chicken Tortellini Soup, Peas & Carrots, Fruit Cocktail	Turkey Sliders, Sweet Potato Fries, Fruit Cocktail & Milk	Chicken & Rice Casserole, Green Beans, Pineapple & Milk
<b>pm snack</b>	Hummus, Pita Bread & Milk	Cucumbers, Dip & Milk	Graham Crackers, Sweet Potato Dip & Water	Watermelon Salad w/ Feta Cheese & Water	Chips, Salsa & Water
week 3	Monday-18	Tuesday-19	Wednesday-20	Thursday-21	Friday-22
<b>breakfast</b>	Cereal, Peaches & Milk	French Toast Bake, Grapes & Milk	Egg Sandwiches, Applesauce & Milk	Oatmeal, Bananas & Milk	English Muffins, Blueberries & Milk
<b>am snack</b>	String Cheese, Crackers & Water	Veggie Smoothies	Blueberries & Yogurt	Hard Boiled Eggs , Toast & Water	Banana Muffins & Milk
<b>lunch</b>	Spaghetti w/ Meat sauce Broccoli and Pineapple & Milk	Enchiladas, Corn, Mand. Oranges & Milk	3 Bean/Ham Soup, Pears, Broccoli & Milk	BBQ Pork Sandwich, Cole Slaw, Pineapple & Milk	Mac & Cheese, Mixed Veggies, Fruit Cocktail & Milk
<b>pm snack</b>	Graham Crackers, Apple Dip & Water	Cucumbers, Dip & Milk	Chips, Salsa & Milk	Apple Slices, Cheese chunks & Water	Carrots, Ranch & Milk
week 4	Monday-25	Tuesday-26	Wednesday-27	Thursday-28	Friday-29
<b>breakfast</b>	Cereal, Peaches & Milk	French Toast Bake, Grapes & Milk	Scrambled Eggs, Peaches & Milk	Oatmeal, Bananas & Milk	Bagels, Mixed Fruit & Milk
<b>am snack</b>	Cottage Cheese, Pineapple & water	Yogurt, Granola & Water	Baked Apple Dip, Granam Crackers & Water	Hummus, Pita Chips	Pumpkin Scones & Milk
<b>lunch</b>	Chicken LoMein (HM) Cali. Mixed Veggies, Mand. Oranges & Milk	Beef Soft Tacos, Corn, Applesauce & Milk	Sunflower Butter & Jelly Sandwiches, Peas & carrots, Fruit Cocktail & Milk	TurKey Sloppy Joes, Green Beans, Pineapple & Milk	English Muffin Pizzas, Broccoli, Pears & Milk
<b>pm snack</b>	Chips, Salsa & Milk	Banana Chips, Sunbutter Dip & Water	Mixed Veggies, Dip & Water	Grapes, Pretzels & water	String Cheese, Crackers & Water

This institutuion is an equal opportunity provider.