



September Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
AM Snack		French Toast w/ Syrup, Whole/1% Milk	Whole Grain Cheese Bagel and Whole/1% Milk	Nutrigrain Bars and Whole/1% Milk	Cornflakes, Banana, Whole/1% Milk
Lunch	Labor Day SCHOOL CLOSED	Chicken Nuggets, Potato Wedges, Peaches, Whole/1% Milk V- Chic-n nuggets	Whole Grain Spaghetti, w/ Turkey/ Soy Meat Sauce, Tossed Salad, Tropical Fruit and Whole/1% Milk V- Vanilla Wafers and Vanilla Pudding, Water	Meatball Sub on Mini Buns, Green Peas, Pears, Whole/1% Milk	Cheese Pizza, Butter Corn, Pineapple, Whole/1% Milk
PM Snack		Sweet and Salty Trail Mix		Graham Crackers and Sliced Cheese	Sunbutter and Ritz Crackers
	9	10	11	12	13
AM Snack	Sausage Biscuit, Whole/1% Milk	Blueberry Muffins, Whole/1% Milk	Chex Cereal, Whole/1% Milk	Cinnamon Oatmeal and Whole/1% Milk	Buttered Grits, Whole/1% Milk
Lunch	Tomato Soup, Grilled Cheese Sandwich, Applesauce, Whole/1% Milk	Veggie Burger on a Bun w/ Cheese, Tater Tots, Mango and Whole/1% Milk	BBQ Chicken, Coleslaw, Potato Wedges, Oranges and Whole/1% Milk V- Plant Based "chicken strips)	Fish Sticks, Coleslaw, Tater Tots, Whole/1% Milk V- Chik'en Nuggets	Cheese Quessadilas w/Salsa, Black Beans, Corn, and Oranges, Whole/1% Milk
PM Snack	Blueberry Muffins, Whole/1% Milk	Animal Crackers and 1% or Whole Milk	Vanilla Wafers and Vanilla Pudding	Graham Crackers and Slice Cheese	Bananas and Goldfish
	16	17	18	19	20
AM Snack	Butter Croissant, Whole/1% Milk	Nutrigrain Bars and Whole/1% Milk	Chex Mix and Whole/1% milk	Cheesy Grits, Whole/1% Milk	Banana Muffins, Whole/1% Milk
Lunch	Tuna on Bun, Salad, Cucumber, Applesauce Whole/1% Milk V- UnMeat Tuno Tuna	Spanish Rice w/Chicken, Lima Beans, Pears, Whole/1% Milk V- Plant Based Chik'n	Cheese Ravioli, Green Beans, Tropical Fruit and Whole/1% Milk	BBQ Chicken Coleslaw, Potato Wedges, Oranges and Whole/1% Milk V- BBQ Chunked Chikn	Soy Meat -a-roni, Corn, Peaches, Whole/1% Milk
PM Snack	Soft Pretzel and Cheese Sauce	Animal Crackers and Cheese Sticks	Sweet and Salty Trail Mix w/ Cheerios, Kiks, Chex and Raisins	Rice Cake w/ Whole/1% Milk	Vanilla Pudding and Vanilla Wafers
	23	24	25	26	27
AM Snack	Wholegrain Pancakes and Whole/1%Milk	Egg on Wholegrain Biscuit, Whole/1% Milk	Rice Cereal, Whole/1% Milk	Wholegrain Waffle, Whole/1% Milk	French Toast Sticks w/ Syrup and Whole/1% Milk
Lunch	Taco with Chips Cheese and Black Beans, Corn and Oranges, Whole/1% Milk	Sunbutter and Jelly Sandwhich, Sweet Potato Nugget, Fruit Salad, Whole/1% Milk	Chicken Tenders, Tater Tots, Pineapple, Whole/1% Milk V- Plant Based Chikn Tenders	Mac and Cheese, Green Peas, Peaches and Whole/1% Milk	Hawaiian Cheese Pizza, Corn, Whole /1% Milk
PM Snack	Craisins and Sweet Potato Crackers	Ritz Crackers and Sunbutter	Strawberry Yogurt and Graham Crackers	Goldfish and Applesauce	Apple Slices and Cheese Stick
	30				
AM Snack	Whole Grain Cheese Egg Bagel and Whole/1% Milk				
Lunch	Chicken Alfredo w/ Spinach, Green beans, Vanilla Pudding and Whole/1% Milk V- Plant Based Sov chicken				
PM Snack	Vanilla Yogurt w/ Peaches				