

SEPTEMBER 2018 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED	4 Whole Wheat English Muffin Applesauce Milk	5 Cereal Banana Milk	6 Whole Wheat Toast w/ cheese slice Orange Juice Milk	7 French Toast stix Banana Milk
10 Whole Wheat Waffles w/syrup Applesauce Milk	11 Whole Wheat Bagel w/cream cheese Orange Milk	12 Oatmeal Raisins Milk	13 Whole Wheat English Muffin Banana Milk	14 Pancakes w/syrup Peaches Milk
17 Whole Wheat Toast w/cinnamon Apple Milk	18 Whole Wheat English Muffin Orange Milk	19 Whole Wheat Bagel w/cream cheese Raisins Milk	20 Whole Wheat Waffles w/syrup Applesauce Milk	21 Cereal Raisins Milk
24 Pancakes w/syrup Peaches Milk	25 Whole Wheat Toast w/cinnamon Apple Milk	26 Whole Wheat English Banana Milk	27 Raisin Toast Banana Milk	28 Whole Wheat Bagel w/cream cheese Orange Milk

Breakfast served with
1% milk

SEPTEMBER 2018 Lunch Menu

Harvest of the Month (HOM): Eggplant

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED	4 Chicken Nuggets Mixed Vegetables Fresh pear slices Wheat Bread	5 Spaghetti w/meat sauce Eggplant (HOM) Peaches	6 Chicken patty on bun Roasted Potato's Mixed berries	7 Ham & Cheese rollup Sliced Cucumber Watermelon
10 Sloppy Joe's Corn Apple Slices	11 Tuna Melt on whole grain rounds Celery stix Grapes	12 Meatballs with gravy over Quinoa Mixed Vegetables Fruit Cocktail	13 Tomato Soup Grilled Cheese Banana Sweet Bell Peppers	14 Turkey & Cheese on wheat Potato Salad (HOM) Cantaloupe
17 Pepperoni & Cheese Pizza Bread Lettuce Salad Apple Slices	18 Pasta Bake Eggplant Fresh pear slices	19 Baked Fish Cabbage slaw Applesauce Rye Bread	20 Pasta Salad String Cheese Fruit cocktail Celery/cucumber	21 Salami & Cheese on multi grain sand thins Pickles Strawberries
24 Loaded baked potato Ham & Cheese Mandarins Bread Sticks	25 Turkey & Gravy Mashed Potatoes Cranberry Sauce	26 Mac & Cheese Baked Beans Carrot sticks Grapes	27 Chicken Alfredo Asparagas Apple Slice Garlic bread	28 Roast beef on wheat with Cheese Cantaloupe Raw Cauliflower

All lunches served with 1% milk

SEPTEMBER 2018 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED ³	Apple Sauce ⁴ Milk	Raisins or Craisins ⁵ Milk	Plain Rice Cake with ⁶ Sun Butter	Plain or Multi Grain ⁷ Cheerios w/ Milk
Carrots & Celery ³ w/hummus Milk	Orange Slices ⁴ Milk	Cottage Cheese ⁵ Juice	Cantaloupe ⁶ Milk	Wheat Cracker w/ Guacamole ⁷ Milk
Apple sauce ¹⁰ Milk	Raisins or Craisins ¹¹ Milk	Plain Rice Cake with Sun ¹² Butter Water	Plain or Multi Grain ¹³ Cheerios w/milk Water	Raisins or Craisins ¹⁴ Milk
Sugar Snap Peas & ¹⁰ Carrots w/hummus	Apple Slices w/ Cinnamon ¹¹ Milk	Grapes ¹² Milk	Rice Cracker cheese slice ¹³	Yogurt ¹⁴ Juice
String Cheese ¹⁷ Juice	Plain Rice Cake with Sun ¹⁸ Butter Water	Plain or Multi Grain ¹⁹ Cheerios w/milk Water	Raisins or Craisins ²⁰ Milk	Apple sauce ²¹ Milk
Broccoli & Carrots w/ hummus ¹⁷ Milk	Pear Slices ¹⁸ Milk	Rice Cracker w/Guacamole ¹⁹ Milk	Bell Peppers & Carrots ²⁰ w/hummus Milk	Hard boiled egg ²¹ Milk
Rice Cake with Sun ²⁴ Butter Milk	Plain or Multi Grain ²⁵ Cheerios w/Milk Water	Raisins or Craisins ²⁶ Milk	Apple sauce w/cinnamon ²⁷ Milk	String Cheese ²⁸ Juice
Yogurt ²⁴ Juice	Rice Cracker cheese slice ²⁵ Milk	Cuties ²⁶ Milk	Cucumber & Celery ²⁷ w/hummus Milk	Watermelon ²⁸ Milk