


# September Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack				Turkey Sausage Biscuit and Milk <sup>1</sup>	Cinnamon Toast, Bananas and Milk <sup>2</sup>
Lunch				Grilled Cheese Sandwich, Salad with Ranch, Peas and Milk	Sweet & Sour Chicken, Mixed Vegetables, Mixed Fruit and Milk
PM Snack				Fruit	Goldfish
AM Snack	<sup>5</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>	<sup>9</sup>
Lunch		Cereal, Blueberries and Milk	Waffles, Pineapples and Milk	Muffins W/Jelly, Applesauce and Milk	Chef's Choice
PM Snack		Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Cheese Tortellini, Salad with Ranch, Pears and Milk	Cheese Pizza, Salad with Ranch, Peas and Milk	Chef's Choice
		Carrots W/Ranch (Toddler Substitute)	Muffins	Fruit	Chef's Choice
AM Snack	<sup>12</sup>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup>	<sup>16</sup>
Lunch	Bagels w/ Cream Cheese and Milk	Cereal, Strawberries and Milk	Pancakes, Blueberries and Milk	Turkey Sausage Biscuit and Milk	Cinnamon Toast, Bananas and Milk
PM Snack	Grilled Cheese, Carrots, Applesauce & Milk	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Cheese Quesadilla, Black Beans, Corn and Milk	WG Spaghetti w/ Meat Sauce, Salad with Ranch, Peas and Milk	Teriaki Chicken w/Rice, Mixed Veggies, WG Bread & Milk
	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	,	Fresh Fruit	Animal Crackers
AM Snack	<sup>19</sup>	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>	<sup>23</sup>
Lunch	Bagels & Cream Cheese & Milk	Cereal, Blueberries and Milk	Waffles, Pineapples and Milk	Muffins W/Jelly, Applesauce and Milk	Chef's Choice
PM Snack	Hamburger, Carrots, Pineapples and Milk	Turkey & Cheese Sandwich, Sweet Potato Fries, Green Beans and Milk	Sloopy Joe, Corn, Pears and Milk	Baked Ziti, Mixed Veggies, Mixed Fruit and Milk	Chef's Choice
	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Chef's Choice
AM Snack	<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>	<sup>30</sup>
Lunch	Bagels w/ Cream Cheese and Milk	Cereal, Strawberries and Milk	Pancakes, Blueberries and Milk	Turkey Sausage Biscuit and Milk	Cinnamon Toast, Bananas and Milk
PM Snack	Grilled Turkey & Cheese Sandwich, Carrots, & Pineapples	Turkey & Cheese Roll Up, Sweet Potato Fries, Green Beans and Milk	Turkey & Cheese Tacos, Carrots, Pears & Milk	Mac N Cheese, Mixed Veggies, Mixed Fruit & Milk	Sweet & Sour Chicken, Mixed Veggies, WG Bread & Milk
	Yogurt & Graham Crackers	Carrots with Ranch (Toddler Substitute)	Muffins	Fresh Fruit	Goldfish

\*Menu is subject to change