

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 Wheat Peanut butter Toast on Bun, Pears, Milk Fish Sticks or Tuna & Noodles, Mixed Veggies, Peaches, Cottage Cheese or Yogurt, Milk Blueberry Muffins, Milk	5 Graham Crackers, Mixed Fruit, Milk Sausage, Hash browns, Biscuits, Oranges, Milk WG Triscuits, Tomatoes	6 WG Cheerios, Pears, Milk WG Goulash, Corn, Grapes, Milk Cheez-Its, Orange Juice	7 French Toast Sticks, Bananas, Milk Cheese Pizza, Cottage Cheese, Peaches, Milk Ritz Crackers, Cucumbers
10 Banana, WG Toast, Milk GF Spaghetti w/ Meat Sauce, Garlic Bread, Corn, Pears, Milk Yogurt, Goldfish	11 Bagels, Milk, Pineapple Crock Pot Chicken, Stir Fry, Oranges, WG Rice, Milk Cucumber Slices, Wheat Thins	12 WG Pancakes, Grapes, Milk Peanut Butter & Jelly Sandwich, Cottage cheese, Cheesy Broccoli, Apples, Milk Graham Crackers, Bananas	13 Blueberry Muffins, Applesauce, Milk Sloppy Joes, Baked Fries, Mixed Fruit, Milk Triscuits, Cheese, Water	14 Pizza Bagel, Orange Juice, Milk Fish Sticks, Green Beans, Peaches, Milk Cheez-it's, Mixed Fruit
17 Bananas, Cheerios, Milk GF Chicken Noodle Soup, Mixed Veggies, Mixed Fruit, Milk Club Crackers, Yogurt	18 WG Oatmeal, Milk, Orange Juice Pork Loin, Baked Potatoes, Apples, Garlic Bread French Fries, Apple Juice	19 Graham Crackers, Grapes, Milk Tater Tot Casserole, Mixed Veggies, Peaches, milk Teddy Grahams, Bananas	20 WG Bagels, Applesauce, Milk Chicken on a Biscuit, Green Beans, Pears, Milk Goldfish, Apple Juice	21 Toast, Berries, Milk Grilled Cheese, Eggs, Mixed Fruit, Carrots, Milk Cheesy Broccoli, Water
24 WG Cheerios, Bananas, Milk BBQ Chicken Sandwich, (GF Bread available) Green Beans, Watermelon, Milk Pita Crackers, Cottage	25 Scrambled Eggs, WG Toast, Milk Chili, Crackers, Mixed Fruit, Milk Tator Tots, Peaches	26 Mandarin Oranges, WG Toast, Milk P&J, Yogurt, French Fries, Pears, Milk Graham Crackers, Milk	27 Banana, Milk, WG Chex Mac & Cheese, Baked Beans, Peas, Grapes, Milk Wheat thins, Apple Juice	28 WG French Toast Sticks, Grapes, Milk Baked Chicken, Enriched Rice, Stir Fry Veggies, Apples, Milk Pizza Bagels, Apple Juice

Orange – Breakfast  
Blue – Lunch  
Red – Snack

All Juice is 100% Juice no sugar added.  
Whole milk served for ages 1-23 months.  
GF-Gluten Free WG-Whole Grain