

## September 2016 Monthly Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM Snack: Yogurt and Cereal Lunch: Sunflower butter and jelly sandwiches, apples and carrots PM Snack: String cheese and fruit	2 AM Snack: : Animal crackers and applesauce Lunch: Spaghetti with Sauce, corn, apples PM Snack: Cook's Choice
5 AM Snack: Yogurt with cereal Lunch: Cheese ravioli with sauce, peas and fruit PM Snack: Cheese and crackers	6 AM Snack: Apples and sunbutter Lunch: Chicken nuggets, ketchup, apples and peas PM Snack: Raisins and animal crackers	7 AM Snack: Raisins and goldfish Lunch: Macaroni and cheese, carrots, fruit PM Snack: Apples and graham crackers	8 AM Snack: Pancakes and oranges Lunch: English muffin pizzas, broccoli, bananas PM Snack: Cheerios and fruit	9 AM Snack: Scrambled eggs and toast Lunch: Cook's Choice PM Snack: Mini muffins
12 AM Snack: Cereal with milk Lunch: Pasta with Alfredo sauce, peas and PM Snack: Cheese and fruit	13 AM Snack: Waffles and fruit Lunch: Turkey and cheese wraps, cucumbers and apples PM Snack: Goldfish and raisins	14 AM Snack Cinnamon toast and oranges Lunch: Cheese quesadillas, beans, fruit PM Snack: Bananas and animal crackers	15 AM Snack: English muffins and jelly Lunch: Chicken noodle casserole, peas, oranges PM Snack: Sunflower butter tortillas	16 AM Snack: Bagels and sliced cheese Lunch: Sloppy Joe's, green beans, apples PM Snack: Cook's Choice
19 AM Snack: Oatmeal and fruit Lunch: Turkey and cheese sandwiches, carrots, apples PM Snack: Ritz crackers and cheese	20 AM Snack: Cereal and milk  Lunch: Pizzadillas, corn and fruit  PM Snack: Fruit bars	21 AM Snack: French toast sticks, fruit Lunch: Chicken and rice, salad, pears PM Snack: Crackers and juice	22 AM Snack: Yogurt with granola Lunch: Bean and cheese burritos, carrots, fruit PM Snack: Life Cereal	23 AM Snack: Toast, bananas and milk Lunch: Cook's Choice PM Snack: Carrots and ranch
26 AM Snack: Applesauce and graham crackers Lunch: Grilled cheese, carrots, oranges PM Snack: Rice cakes and fruit	27 AM Snack: Rice cakes and applesauce Lunch: Chicken taquitos, beans and apples PM Snack: Muffins and fruit	28 AM Snack: Bananas and milk Lunch: Sunflower butter and jelly sandwiches, bananas and carrots PM Snack: Chex mix and apples	29 AM Snack: Bagels and sliced cheese Lunch: Pasta with marinara, green beans and fruit PM Snack: Cheese and crackers	30 AM Snack: Cinnamon toast, fruit Lunch: Cook's Choice PM Snack: Cook's Choice