



September 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Cereal bar & apple slices L: Chicken nuggets, corn, fresh fruit & milk PM: Cheese sticks & Ritz crackers
4 AM: Fresh fruit with organic animal crackers L: Turkey hot dog, French fries, oranges & milk PM: String cheese & Ritz crackers	5 AM: Cereal & milk L: Vegetarian bean and cheese burritos, apples & milk PM: Fresh fruit & graham crackers	6 AM: Lowfat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, fresh fruit & milk PM: Pretzels & oranges	7 AM: Toasted English muffin & milk L: Macaroni and cheese, mixed up veggies, fresh fruit & milk PM: Orange slices & organic animal crackers	8 AM: Toasted bagels and fresh fruit L: Chicken, rice, steamed broccoli, pineapple & milk PM: Fresh fruit & Goldfish crackers
11 AM: Fresh fruit with organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, Cheez-Its, fresh fruit & milk PM: Graham cracker & milk	12 AM: Quaker cereal bar & milk L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Pretzels & raisins	13 AM: Fresh fruit & Graham crackers L: Macaroni and Cheese, green peas & milk PM: Goldfish crackers & raisins	14 AM: French toast sticks & milk L: Cheese quesadilla, rice pilaf, oranges & milk PM: Pretzels & fresh fruit	15 AM: Quaker cereal bar & milk L: Roasted chicken, mashed potatoes w/ gravy, broccoli & milk PM: Organic animal crackers & milk
18 AM: Cereal & milk L: Chicken corn dogs, mixed veggies, oranges & milk PM: Cheese sticks & Club crackers	19 AM: Lowfat yogurt & organic animal crackers L: Turkey and cheese sandwiches on whole wheat, Cheez-Its, oranges & milk PM: Snack mix & fresh fruit	20 AM: Cereal & milk L: Cheese pizza, green beans, oranges & milk PM: apple slices & Cheez-Its	21 AM: Toasted bagel and milk L: Pasta with marinara sauce, mixed veggies & milk PM: Orange slices & graham crackers	22 AM: Toasted English muffin & milk L: Pasta with marinara sauce, mixed veggies & milk PM: Apple slices and snack mix
25 AM: Lowfat yogurt & organic animal crackers L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Unsweetened applesauce and Club crackers	26 AM: orange slices & graham crackers L: Cheesy scrambled eggs, tater tots, fresh fruit & milk PM: String cheese & pretzels	27 AM: Cereal & milk L: Chicken taquitos, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	28 AM: Lowfat yogurt & apple slices L: Turkey sliders on a bun, fresh fruit & milk PM: Cheese slices & crackers	29 AM: Fresh fruit with organic animal crackers L: Pasta with butter and Parmesan cheese, salad, fresh fruit & milk PM: Apple slices and snack mix

Note: Breakfast is always cold cereal, milk and fresh fruit and is served from 6:00 am - 7:00 am