

September Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 AM: Waffles & Bananas</p> <p>L: Turkey & Cheese slices, crackers, fresh fruit, & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>2 AM: Cheerios & Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies & milk</p> <p>PM: String Cheese & Club Crackers</p>
<p>5</p> 	<p>6 AM: English Muffins w/Jelly & Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: Animal Crackers & Fresh Fruit</p>	<p>7 AM: Pancakes & Fresh Fruit</p> <p>L: Grilled Chicken Taquitos, green beans, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>8 AM: Cereal Bars & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>	<p>9 AM: French Toast Sticks & Milk</p> <p>L: Turkey & cheese slices, crackers, fresh fruit & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>
<p>12 AM: Cinnamon Toast & Milk</p> <p>L: Cheesy scrambled eggs, tater tots, fresh fruit & milk</p> <p>Pm: Pita Triangles & Hummus</p>	<p>13 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Snack Mix & Raisins</p>	<p>14 AM: Fig Bars & Milk</p> <p>L: Turkey "Sloppy Joes", Mixed veggies, fresh fruit & milk</p> <p>PM: String Cheese & Club Crackers</p>	<p>15 AM: Waffles & Bananas</p> <p>L: Pasta Alfredo, steamed broccoli, fresh fruit & milk</p> <p>PM: Pretzels & Craisins</p>	<p>16 AM: Cheerios & Milk</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Animal Crackers & Fresh Fruit</p>
<p>19 AM: Toasted Bagel & Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, & milk</p> <p>PM: String Cheese & Pretzels</p>	<p>20 AM: English Muffins w/Jelly & Milk</p> <p>L: Turkey Sliders, fresh fruit, carrot sticks & milk</p> <p>PM: Animal Crackers & Fresh Fruit</p>	<p>21 AM: Pancakes & Fresh Fruit</p> <p>L: Pasta w/ butter & parmesan, mixed veggies, fresh fruit & milk</p> <p>PM: Crackers & Sliced Cheese</p>	<p>22 AM: Cereal Bars & Milk</p> <p>L: Chicken Taquitos, carrots, fresh fruit & milk</p> <p>PM: Snack Mix & Fresh Fruit</p>	<p>23 AM: French Toast Sticks & Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Raisins</p>
<p>26 AM: Cinnamon Toast & Milk</p> <p>L: Cheese pizza, green beans, fresh fruit & milk</p> <p>PM: Pretzels & Fresh Fruit</p>	<p>27 AM: Low-Fat Yogurt & Graham Crackers</p> <p>L: Vegetarian bean & cheese burrito, fresh fruit & milk</p> <p>PM: Goldfish Crackers & Fresh Fruit</p>	<p>28 AM: Waffles & Bananas</p> <p>L: Chicken Nuggets w/ BBQ sauce, mashed potatoes, peas & milk</p> <p>PM: Graham Crackers & Fresh Fruit</p>	<p>29 AM: Fig Bars & Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies & milk</p> <p>PM: Club Crackers & String Cheese</p>	<p>30 AM: Cheerios & Milk</p> <p>L: Grilled Cheese on whole wheat, carrots, fresh fruit & milk</p> <p>PM: Fresh Fruit & Snack Mix</p>

Breakfast is over at 7:15 and is always fresh fruit, cold cereal, and milk.