

# September Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>AM: Cheerios &amp; Milk</p> <p>L: Chicken Nuggets, mashed potatoes, mixed veggies &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>
<p>4</p> 	<p>5</p> <p>AM: English Muffins w/Jelly &amp; Milk</p> <p>L: Fish sticks, rice, peas &amp; carrots, milk</p> <p>PM: Fresh Fruit &amp; Snack Mix</p>	<p>7</p> <p>AM: Pancakes &amp; Fresh Fruit</p> <p>L: Chicken Taquitos, vegetarian refried, fresh fruit &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>8</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Cheese pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Fresh Fruit &amp; Pretzels</p>	<p>9</p> <p>AM: French Toast Sticks &amp; Milk</p> <p>L: Grilled cheese sandwiches, fresh fruit &amp; milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>
<p>11</p> <p>AM: Cinnamon Toast &amp; Milk</p> <p>L: Fish sticks, tater tots, fresh fruit &amp; milk</p> <p>Pm: Pita Triangles &amp; Hummus</p>	<p>12</p> <p>AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Cheese pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Snack Mix &amp; Raisins</p>	<p>13</p> <p>AM: Waffles &amp; Bananas</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; Cheese Sticks</p>	<p>14</p> <p>AM: Fig Bars &amp; Milk</p> <p>L: Pasta Alfredo, mixed veggies, fresh fruit &amp; milk</p> <p>PM: String Cheese &amp; Club Crackers</p>	<p>15</p> <p>AM: Cheerios &amp; Milk</p> <p>L: Vegetarian bean &amp; cheese burrito, fresh fruit &amp; milk</p> <p>PM: Animal Crackers &amp; Fresh Fruit</p>
<p>18</p> <p>AM: Toasted Bagel &amp; Cream Cheese</p> <p>L: Turkey hot dog, tater tots, fresh fruit, &amp; milk</p> <p>PM: String Cheese &amp; Pretzels</p>	<p>19</p> <p>AM: English Muffins w/Jelly &amp; Milk</p> <p>L: Turkey Sliders, fresh fruit, carrot sticks &amp; milk</p> <p>PM: Animal Crackers &amp; Fresh Fruit</p>	<p>20</p> <p>AM: Pancakes &amp; Fresh Fruit</p> <p>L: Chicken Taquitos, carrots, fresh fruit &amp; milk</p> <p>PM: Crackers &amp; Sliced Cheese</p>	<p>21</p> <p>AM: Cereal Bars &amp; Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies &amp; milk</p> <p>PM: Snack Mix &amp; Fresh Fruit</p>	<p>22</p> <p>AM: French Toast Sticks &amp; Milk</p> <p>L: Cheese quesadillas, vegetarian refried beans, fresh fruit &amp; milk</p> <p>PM: Goldfish Crackers &amp; Raisins</p>
<p>23</p> <p>AM: Cinnamon Toast &amp; Milk</p> <p>L: Cheese pizza, green beans, fresh fruit &amp; milk</p> <p>PM: Pretzels &amp; Fresh Fruit</p>	<p>24</p> <p>AM: Low-Fat Yogurt &amp; Graham Crackers</p> <p>L: Vegetarian bean &amp; cheese burrito, fresh fruit &amp; milk</p> <p>PM: Goldfish Crackers &amp; Fresh Fruit</p>	<p>25</p> <p>AM: Waffles &amp; Bananas</p> <p>L: Chicken Nuggets w/ BBQ sauce, mashed potatoes, peas &amp; milk</p> <p>PM: Graham Crackers &amp; Fresh Fruit</p>	<p>26</p> <p>AM: Fig Bars &amp; Milk</p> <p>L: Pasta w/ marinara sauce, mixed veggies &amp; milk</p> <p>PM: Club Crackers &amp; String Cheese</p>	<p>27</p> <p>AM: Cheerios &amp; Milk</p> <p>L: Grilled Cheese sandwiches carrots, fresh fruit &amp; milk</p> <p>PM: Fresh Fruit &amp; Snack Mix</p>

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

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