 September 2024 – Breakfast & Snack

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**CLOSED FOR LABOR DAY | **3**Whole wheat flakes\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **4**Whole wheat biscuit\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **5**Toasted oats\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **6**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita pizza with\*Cheese |
| **9**Rice Chex\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **10**Cinnamon toasted oats\* Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | **11**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **12**Kix\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Cinnamon crackers\*Vanilla yogurt | **13**Blueberry-peach oatmeal\*~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **16**Whole wheat flakes\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **17**Whole wheat biscuit\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **18**Toasted oats\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **19**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita pizza with\*Cheese | **20**Apple oatmeal\*~~~~~~~~~~~~~~~~~~~~~~Soft breadsticks\*Cheese cubes |
| **23**Rice Chex\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **24**Cinnamon toasted oats\* Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | **25**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **26**Kix\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Cinnamon crackers\*Vanilla yogurt | **27**Blueberry-peach oatmeal\*~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **30**Whole wheat flakes\*Fresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese |  |  |  | *Age-appropriate milk must be served with breakfast* |

(V) Vegetarian meal \*Whole grain

 September 2024 – Lunch

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**CLOSED FOR LABOR DAY | **3**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **4**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole wheat bread/butter\*Fresh fruit | **5**(V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit | **6**BBQ chicken (V) Mushroom stroganoff ^California blend vegetables Whole wheat bread/butter\* Fresh fruit |
| **9**Turkey sloppy joe (V) Vegetarian sloppy joe ^Corn & edamameWhole wheat roll\* Fresh fruit  | **10**(V) Whole grain cheese melt \*Tomato alphabet soup Fresh fruit  | **11**Shepherd’s Pie(V) Chickpea curry with potatoes^Pineapple/mango coleslawWhole wheat bread/butter\*Fresh fruit | **12**Maryland-style chicken(V) Broccoli & cheddar quinoa w/brown rice \*Sugar snaps & carrotsWhole wheat bread/butter\* Fresh fruit  | **13**(V) Whole wheat macaroni & cheese\*Mixed vegetables Fresh fruit  |
| **16**Whole wheat Turk-a-roni\* (V) White bean mushroom soup^Grated cheese Southwest salad Fresh fruit  | **17**(V) Whole grain pizza\*Garden saladFresh fruit  | **18**Chicken nuggets (V) Veggie nuggets^Potato soup Whole wheat bread/butter\*Fresh fruit  | **19**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit | **20**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit |
| **23**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **24**(V) Broccoli Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **25**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit  | **26**Chicken w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole wheat bread/butter \*Fresh fruit  | **27**Turkey taco w/whole wheat Tortilla\*(V) Beans & brown rice burrito\*^Corn Grated cheese Fresh fruit |
| **30**Power veggie beef & chicken stew(V) Black bean tortilla soup^Spinach salad Whole wheat bread/butter\*Fresh fruit  |  |  | *Age-appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.**This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan