 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 thins  String cheese | **4**  Whole wheat biscuit\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **5**  Toasted oats\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **6**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita pizza with\*  Cheese |
| **9**  Rice Chex\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **10**  Cinnamon toasted oats\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **11**  Bran muffin  Fresh 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 thins  String cheese | **17**  Whole wheat biscuit\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **18**  Toasted oats\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **19**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita pizza with\*  Cheese | **20**  Apple oatmeal\*  ~~~~~~~~~~~~~~~~~~~~~~  Soft breadsticks\*  Cheese cubes |
| **23**  Rice Chex\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **24**  Cinnamon toasted oats\*  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **25**  Bran muffin  Fresh 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 thins  String cheese |  |  |  | *Age-appropriate milk must be served with breakfast* |

(V) Vegetarian meal \*Whole grain

 September 2024 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 salad  Fresh fruit | **4**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole 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 & edamame  Whole 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 coleslaw  Whole wheat bread/butter\*  Fresh fruit | **12**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  Whole 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 salad  Fresh fruit | **18**  Chicken nuggets  (V) Veggie nuggets^  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **19**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit | **20**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit |
| **23**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh 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 salad  Fresh fruit | **26**  Chicken w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole 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