



September 2021



Breakfast & snack



Monday	Tuesday	Wednesday	Thursday	Friday
Age appropriate milk must be served with breakfast		1 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	2 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
6 CLOSED FOR LABOR DAY	7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
13 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	14 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	15 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	16 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	17 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
20 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	21 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	22 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	23 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	24 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
27 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	28 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	29 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	30 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	

+Whole grain



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Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
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	1 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	2 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	3 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito* Corn Grated cheese Fresh fruit
6 CLOSED FOR LABOR DAY	7 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	8 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	9 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	10 (V) Lasagna Tossed salad Fresh fruit
13 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	14 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	15 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	16 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	17 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
20 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	21 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	22 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	23 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	24 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
27 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	28 (V) Whole grain pizza* Garden salad Fresh fruit	29 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	30 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	

(V) Vegetarian meal

#Gluten free

*Whole grain

^Vegan