

September Menu

2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL!	3 B-Turkey Sausage, strawberries, toast S-cheese,crackers L- Chicken noodle soup,peas,apples S-Turkey roll-up	4 B-Yogurt,blueberries, granola S- cottage cheese,peaches L- Lentils, rice, broccoli, grapes S-crackers, cheese, cucumber	5 B- Cereal, banana S- Apples, pretzels L- Grilled cheese, tomato soup, broccoli, pears, applesauce S- carrots, hummus	6 B- Whole wheat muffin,oranges S- Rice cake,jelly, raisins L- Turkey Taco, rice,beans,corn,pineapple S- Cheese, fruit
9 B – Cereal,blueberries S – Strawberry, cr. Cheese, sandwich L- Spaghetti, corn, grapes S- Trail mix	10 B- Turkey Sausage, strawberries, toast S- Cheese, crackers L-Chicken noodle soup, peas,apples S-Turkey roll-up	11 B- Hashbrowns, eggs, banana S- Rice cake, Jelly, Raisins L- Turkey wrap, cauliflower, grapes S- Cottage Cheese, pineapple	12 B-Pancakes, berries S-apples, cheese L-Grilled cheese, tomato soup, corn, applesauce S-Veggies, hummus	13 B-Smoothie,cheese S-oranges, pretzels L-Mini pizzas, olives, pineapples S-Popcorn,raisins
16 B- Oatmeal, berries S- cheese, grapes L- Turkey Burger, peas, grapes S- Chips and salsa	17 B-Eggs, toast, banana S-Pepperoni,cheese L- BBQ pulled pork, quinoa zucchini, grapes S-Trail mix	18 B – Yogurt, berries, granola S- Cottage cheese,peaches L- Lentils, rice, peas, pears S-Cracker, cheese, cucumber	19 B- Cereal, bananas S- Apples, pretzels L- Grilled cheese, tomato soup, broccoli, pears S- carrots, hummus	20 B- Whole wheat muffin, apple S- Rice cake, jelly, raisins L-Quesadilla, rice, beans, pineapple,corn S- cheese, fruit
23 B – Cereal, blueberries S – Strawberry, cr. Cheese, sandwich L- Spaghetti, peas, applesauce, celery S- Trail mix	24 B- Turkey Sausage, banana,toast S- Apple Taste Test L- Chicken noodle soup, peas, grapes S-Turkey roll-up	25 B- Hashbrowns, eggs, strawberries S-Rice cake, Jelly, Raisins L- Turkey wrap, zucchini, pears S- Cottage Cheese, pineapple	26 B- Pancakes, berries S- Cheese, apples L- Baked chicken bites, quinoa, red peppers, peas, grapes S- Veggies, hummus	27 B- Smoothie, cheese S- apples, pretzels L-Mini-pizza, olives, pineapple, broccoli S – popcorn, raisins
30 B- Oatmeal, berries S- cheese, grapes L- Turkey Burger, peas, grapes S- Chips and salsa		*All grains are whole grain rich *Each meal/snack is served with low-fat, unflavored milk or water	*Lunch - \$4.25 each (prepaid) \$5.00 (day of)	

