

September 2022

SERVED DAILY:

- CEREAL AT BREAKFAST
- MILK WITH BREAKFAST AND LUNCH
- FRUIT WITH EVERY MEAL

MEAL INFO:

NACHO BAR

Tortilla Chips, Cheese, Taco Meat, Corn, Yellow Rice, and Shredded Lettuce

HOMEMADE LUNCHABLE

Crackers, Cheese Cubes, Chicken Breast Deli Meat or Pepperoni

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				B: Cereal, Fruit L: Pasta with Meat Sauce, Breadsticks, Fruit S: Frozen Yogurt Pops, Fruit	B: Breakfast Sandwich, Fruit L: Tacos, Corn, Fruit S: Muffins, Fruit
	5	6	7	8	9
	NO SCHOOL	B: Cinnamon Rolls, Fruit L: Chicken Nuggets, French Fries, Fruit S: Goldfish, Fruit	B: Pancakes, Fruit L: French Bread Pizza, Carrots, Fruit S: Crackers and Pepperoni, Fruit	B: Toast, Yogurt, Fruit L: Quesadilla, Corn, Fruit S: Popcorn, Fruit	B: Scrambled Eggs, Fruit L: Baked Chicken, Tater Tots, Fruit S: Chips and Salsa, Fruit
	12	13	14	15	16
	B: Toast, Yogurt, Fruit L: Pasta with Meat Sauce, Breadsticks, Fruit S: Pretzels, Fruit	B: Muffins, Fruit L: Nacho Bar, Rice, Corn, Fruit S: Muffins, Fruit	B: Cinnamon Rolls, Fruit L: Homemade Lunchable, Cucumbers, Fruit S: Frozen Yogurt Pops, Fruit	B: Scrambled Eggs, Fruit L: Meatloaf, Tater Tots, Broccoli, Fruit S: Cereal, Fruit	B: Muffins, Fruit L: Tomato Soup, Garlic Bread, Cheese Cubes, Fruit S: Veggies with Ranch, Fruit
	19	20	21	22	23
	B: Muffins, Fruit L: Baked Chicken, Tater Tots, Fruit S: Snack Mix, Fruit	B: Scrambled Eggs, Fruit L: Tacos, Corn, Fruit S: Popcorn, Fruit	B: Pancakes, Fruit L: Cheese Ravioli, Garlic Bread, Fruit S: NutriGrain Bars, Fruit	B: Toast, Yogurt, Fruit L: French Bread Pizza, Carrots, Fruit S: Crackers and Pepperoni, Fruit	B: Cinnamon Rolls, Fruit L: Chicken Nuggets, French Fries, Fruit S: Goldfish, Fruit
	26	27	28	29	30
	B: Pancakes, Fruit L: Meatloaf, Tater Tots, Broccoli, Fruit S: Muffins, Fruit	B: Cinnamon Rolls, Fruit L: Chicken Noodle Soup, Crackers, Fruit S: Cereal, Fruit	B: Muffins, Fruit L: Quesadilla, Corn, Fruit S: Chips and Salsa, Fruit	B: Scrambled Eggs, Fruit L: Chicken Nuggets, French Fries, Fruit S: Frozen Yogurt Pops, Fruit	B: Toast, Yogurt, Fruit L: Pasta with Meat Sauce, Breadsticks, Fruit S: Pretzels, Fruit