

September 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1– Breakfast: Rice krispie's cereal, bananas and milk*</p> <p>Lunch: Ham, green beans and potatoes, whole grain buttered bread, pineapples and milk*</p> <p>PM Snack: Whole grain rice cakes & milk*</p>	<p>2– Breakfast: Mini wheats cereal, veggie chips and milk*</p> <p>Lunch: Toasted cheese sandwich on whole grain bread, tomato soup, carrot sticks, whole grain crackers, applesauce and milk*</p> <p>PM Snack: Yogurt & milk*</p>	<p>3– Breakfast: Corn chex cereal, carrots w/dip and milk*</p> <p>Lunch: El Dorrito casserole w/whole grain chips, lettuce, tomatoes and cheese, mandarin oranges and milk*</p> <p>PM Snack: Whole grain chex mix & milk*</p>	<p>4– Breakfast: Whole grain toast with fruit spread, grapes and milk*</p> <p>Lunch: Beef veg. soup w/whole grain pasta, sun butter & jelly sandwiches on whole grain bread, whole grain crackers, fruit cocktail and milk*</p> <p>PM Snack: Bananas & milk*</p>
<p>7– CCC CLOSED</p> 	<p>8– Breakfast: Cheerios cereal, 100% V-8 juice and milk*</p> <p>Lunch: Hot dog on whole grain roll, baked beans, peaches and milk*</p> <p>PM Snack: Whole grain cheese crackers & milk*</p>	<p>9– Breakfast: Honey bunches of oats cereal, cucumbers w/dip and milk*</p> <p>Lunch: Pizzaburgers on whole grain roll, green beans, pears and milk*</p> <p>PM Snack: Cheese sticks & milk*</p>	<p>10– Breakfast: Life cereal, strawberries and milk*</p> <p>Lunch: Lasagna w/meat sauce and whole grain noodles, salad, pineapples and milk*</p> <p>PM Snack: Whole grain sun chips & milk*</p>	<p>11– Breakfast: Whole grain apple cinnamon muffin, 100% grape juice and milk*</p> <p>Lunch: Pork BBQ on whole grain roll, sweet potato fries, applesauce and milk*</p> <p>PM Snack: Whole grain Triscuits & milk*</p>
<p>14– Breakfast: Kix cereal, 100% V8 juice and milk*</p> <p>Lunch: Chicken patty on whole grain roll, mixed veg., mandarin oranges and milk*</p> <p>PM Snack: Whole grain soft pretzels & milk*</p>	<p>15– Breakfast: Rice krispie's cereal, bananas and milk*</p> <p>Lunch: Chicken pot pie w/whole grain pasta & potatoes, broccoli, fruit cocktail and milk*</p> <p>PM Snack: Whole grain goldfish & milk*</p>	<p>16– Breakfast: Whole grain blueberry muffin, blueberries and milk*</p> <p>Lunch: Whole grain pancakes with syrup, sausage links, hash browns, peaches and milk*</p> <p>PM Snack: Hard boiled eggs & milk*</p>	<p>17– Breakfast: Puffed wheat cereal, 100% apple juice and milk*</p> <p>Lunch: Spaghetti w/meat sauce and whole grain pasta, salad, pears and milk*</p> <p>PM Snack: Grapes & milk*</p>	<p>18– Breakfast: Cinnamon chex cereal, celery w/dip and milk*</p> <p>Lunch: Chicken alphabet soup, sweet bologna & cheese sandwiches on whole grain bread, whole grain crackers, carrot sticks, pineapples, and milk*</p> <p>PM Snack: Whole grain cheez-its & milk*</p>
<p>21– Breakfast: Life cereal, 100% V8 juice and milk*</p> <p>Lunch: Turkey & cheese on whole grain roll, baked beans, applesauce and milk*</p> <p>PM Snack: Oranges & milk*</p>	<p>22– Breakfast: Blueberry Chex cereal, 100% orange juice and milk*</p> <p>Lunch: Chicken Tetrizini w/whole grain noodles, peas, mandarin oranges and milk*</p> <p>PM Snack: Whole grain graham crackers & milk*</p>	<p>23– Breakfast: Whole grain toast with fruit spread, raspberries and milk*</p> <p>Lunch: Cheesesteak on whole grain roll, green beans, fruit cocktail and milk*</p> <p>PM Snack: Whole grain strawberry Chex mix & milk*</p>	<p>24– Breakfast: Special K cereal, 100% grape juice and milk*</p> <p>Lunch: Fish sticks, whole grain macaroni & cheese, glazed carrots, peaches and milk*</p> <p>PM Snack: Carrots, celery w/dip & milk*</p>	<p>25– Breakfast: Whole grain banana muffin, veggie chips and milk*</p> <p>Lunch: Chicken nuggets, whole grain buttered noodles, corn, pears and milk*</p> <p>PM Snack: Whole grain animal crackers & milk*</p>
<p>28– Breakfast: Cheerios cereal, 100% V8 juice and milk*</p> <p>Lunch: Ham & cheese on whole grain roll, mixed veggies, pineapples and milk*</p> <p>PM Snack: Whole grain pretzel sticks & milk*</p>	<p>29– Breakfast: Kix cereal, carrots w/dip and milk*</p> <p>Lunch: Chicken gnocchi soup (spinach & carrots), whole grain garlic bread, applesauce and milk*</p> <p>PM Snack: Whole grain cereal mix & milk*</p>	<p>30– Breakfast: Mini wheats cereal, 100% orange juice and milk*</p> <p>Lunch: Whole grain pizza, green beans, mandarin oranges and milk*</p> <p>PM Snack: Apples & milk*</p>	<p>Milk* (Age 1: Whole milk; Age 2+: 1% milk)</p>	