

September Menu

2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Country Dawn Lunches All Week - Sovnut & Jam M - Grilled Cheese T - Tuna W - English Muffin Pizzas Th - Turkey & Cheese F - Quesadillas	30 All breakfasts are served with water and milk. Cheetos are also served as a breakfast option each day. Water is served with all snacks, unless posted otherwise. * 30 months and under	31	01	02
05 Country Dawn	06 Breakfast: Scrambled eggs with ham and cheese & bananas AM: String cheese with goldfish crackers PM: Pineapple with graham crackers	07 Breakfast: Pancakes & orange slices AM: Pretzels with green beans PM: Boiled eggs with Triscuit crackers	08 Breakfast: Croissants with strawberry jam & cantaloupe AM: Ritz crackers with roasted broccoli PM: Teddy grahams with mandarin oranges	09 Breakfast: Assorted cereals & strawberries AM: Vanilla wafers with bananas PM: Ham and cream cheese rolls with snap peas
12 Breakfast: Assorted cereals & bananas AM: Goldfish crackers with bell peppers, zucchini PM: Carrots and cheese cubes (* sliced cheese & cucumbers)	13 Breakfast: French toast & peaches AM: Celery, broccoli (* roasted), hummus, pita bread PM: Vanilla yogurt with mixed berries	14 Breakfast: Oatmeal & apple slices AM: Rice cakes with pears PM: Bean and cheese tortillas with olives	15 Breakfast: Cinnamon toast & mixed berries AM: Breadsticks with cauliflower, tomato slices, ranch PM: Orange slices with popcorn (* crackers)	16 Breakfast: Assorted cereals & kiwi AM: String cheese with roasted potatoes PM: Vanilla pudding with bananas
19 Breakfast: Assorted cereals & pears AM: Green beans with Saltine crackers PM: Soy butter and jam sandwiches & milk	20 Breakfast: English muffins with strawberry jam or soy butter & mandarin oranges AM: Fig newtons with grapes (* pineapple) PM: Pretzels, carrots, celery (* cucumbers)	21 Breakfast: Bagels with cream cheese & apple slices AM: Roasted cauliflower with Better Cheddar crackers PM: Boiled eggs with peas	22 Breakfast: Breakfast burritos with ham, cheese, salsa & pineapple AM: Goldfish crackers with cucumbers, bell peppers PM: Ginger Snaps with cantaloupe	23 Breakfast: Assorted cereals & applesauce AM: Mini bagels with cream cheese, bananas PM: Wheat Thin crackers with carrots (* bell peppers),
26 Breakfast: Assorted cereals & grapes (* pineapple) AM: Graham crackers with mandarin oranges	27 Breakfast: Oatmeal & blueberries AM: Turkey cubes with Ritz crackers	28 Breakfast: Biscuits with sausage gravy & pears AM: Cauliflower, broccoli (* roasted) with ranch, bread sticks PM: Pita bread with hummus, snap peas	29 Breakfast: Waffles with strawberries & whip cream AM: Cinnamon tortillas with applesauce	30 Breakfast: Assorted cereals & bananas AM: Tomato slices, zucchini with Saltine crackers
PM: Rice cakes with yogurt	PM: Apple slices, cheese cubes (* grated cheese)	PM: Apple slices, cheese cubes (* grated cheese)	PM: Popcorn with grapes (* crackers with pears)	PM: Tuna sandwiches with pickles