



September Menu 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	rucsuay	3	1 Har 3day	1 Tiday
1 Kids' Stuff Closed	Graham Crackers Apple Sauce	Cottage Cheese Peaches	Cheerios Bananas	Fruit & Yogurt Parfait
Labor Day Enjoy & Be Safe	Creamy Beef Stroganoff Mixed Vegetables Fresh Orange Slices	Grilled Cheese Sandwich Fresh Broccoli w/ Ranch Dipping Sauce	Baked Fish Sticks Whole Kernel Corn Fresh Garden Salad	Boxed Lunch With Drink
	Lowfat Milk Goldfrish	Tropical Fruit Mix Lowfat Milk Animal Crackers	Pears Lowfat Milk Chocolate Chip Cookies	Veggie Straws Mixed Fruit Juice
	Apple Juice	Grape Juice	Apple Juice	
8 Cheese & Ritz Crackers Apple Juice	9 Mini Muffins Bananas	10 Nutri Grain Bars Orange Juice	11 Whole Wheat English Muffins With Jam	12 French Toast Sticks Assorted Fruit
Italian Baked Chicken White Rice Mixed Vegetables Fresh Orange Slices Lowfat Milk	Pizza Pinwheels Whole Kernel Corn Pineapple Lowfat Milk	TriColor Pasta Salad w/ Ham & Cheese Cubes Steamed Broccoli Fresh Sliced Cantaloupe Lowfat Milk	Meatballs Mashed Potatoes w/ Gravy Green Beans Fresh Apple Slices	Boxed Lunch With Drink Nilla Wafers Mixed Fruit Juice
Chex Mix Grape Juice	Veggie Straws Mixed Fruit Juice	Chocolate Chip Cookies Apple Juice	Lowfat Milk Rice Krispy Treats	Mixed Fruit Juice
			Grape Juice	
15 Cheerios Bananas	16 Fruit & Yogurt Parfait	17 Mini Muffins Tropical Fruit	18 Cheese & Saltine Crackers Apple Juice	19 Waffles Pears
Turkey & Cheese Rolls Fresh Garden Salad Diced Pickles Peaches	Chicken Nuggets Hot Buttered Noodles Green Beans Pineapple Lowfat Milk	Chicken & Cheese Quesadilla's Steamed Broccoli Fresh Oranges	Mom's Spaghetti & Meat Sauce Mixed Vegetables Pears	Boxed Lunch With Drink Rice Krispy Treats
Lowfat Milk Chex Mix	Nilla Wafers Grape Juice	Lowfat Milk Cheez-Its	Lowfat Milk Veggie Straws	Apple Juice
V-8 Juice	22	Apple Juice	Grape Juice	24
22 Graham Crackers Apple Juice	23 Cheerios Bananas	24 Fresh Apple Slices Graham Crackers	25 Assorted Fruit Nutri Grain Bars Orange Juice	26 Cinnamon Butter Toast Orange Juice
Homemade Sloppy Joes Whole Wheat Bread Tator Tots	Baked Yellow Rice & Chicken Green Peas	Made from Scratch Mac & Cheese Ham Bites	Baked BBQ Chicken Creamed Potatoes	Boxed Lunch With Drink
Strawberry & Mango Lowfat Milk Oatmeal Cookies	Fresh Garden Salad Pears Lowfat Milk	Green Beans Pineapple Lowfat Milk	Brown Gravy Baked Beans Tropical Fruit Lowfat Milk	Pretzels Mixed Fruit Juice
Mixed Fruit Juice	Goldfish Grape Juice	Animal Crackers Orange Juice	Ritz Crackers Apple Juice	
29 Sliced Canteloupe Ritz Crackers	30 Graham Crackers Apple Sauce			
Beef Soft Tacos Flat Tortillas Shredded Lettuce Strawberry & Mango	Creamy Beef Stroganoff Mixed Vegetables Fresh Orange Slices Lowfat Milk			
Saltine Crackers & Cheese Grape Juice	Goldfish Apple Juice			