Fall Menu 2024 September / October / November



						C C E
	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 Week 1		9/9, 10/7, 11/4	9/10, 10/8, 11/5	9/11, 10/9, 11/6	9/12, 10/10, 11/7	9/13, 10/11, 11/8
	Breakfast	 Toasted Oats, Oranges, Org. Milk Chx. Sliders, WG Rolls, Veg. 	 WG Pancakes* w/ Applesauce, Pineapple, Org. Milk Chx. Fajitas, WG Tortillas 	 WG Biscuits*, Turkey Sausage, V Eggs, Oranges, Org. Milk Three Cheese Ravioli, Marinara, 	 Mini Bagels, Cream Cheese, Apples, Org. Milk Southwest Chx., Brown Rice 	 Blueberry Muffins, Honeydew, Org. Milk WG* Garlic Bread Pizza, Green
	Lunch	Burger, Tomato Ketchup, Green Beans & Cauliflower, Apples	🕐 Tofu Fajitas, Peas & Carrots, Bananas	Broccoli & Yellow Beans, Cantaloupe	Bowl, 💟 Org. Tofu, 4 Veggie Blend, Watermelon	Beans, Diced Carrots, Fruit Salad
	Snack	• Mini Pretzel Twists, String Cheese, Water	Kids Mix, Peaches, Water	Cheddar Goldfish, Org. Milk	• Vanilla Yogurt, Bananas, Water	Club Crackers, Apples, Water
		9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13	9/19, 10/17, 11/14	9/20, 10/18, 11/15
	Breakfast	Corn Chex, Oranges, Org. Milk	• Hash Browns, Scrambled Eggs, Pineapple, Org. Milk	 WG French Toast Sticks, Turkey Sausage, V Eggs, Apples, Org. Milk 	• Toasted Oats, Strawberry Yogurt, Oranges, Org. Milk	• Apple Spice Muffins, Cantaloupe, Org. Milk
	Lunch	• WG Mac & Cheese, Broccoli & Yellow Beans, Apples	 Chx. Meatballs In Brown Gravy, V Tofu In Gravy, WG Rolls, Peas & Carrots, Bananas 	 Turkey Burger w/ Cheese, . Veg. Burger, Buns & Ketchup, Green Beans & 	 WG Chx. Bites, Tomato Ketchup, Veg. Bites, 4 Veg. Blend, Watermelon 	 Pasta & Chx. Stroganoff, Tofu Stroganoff, Green Beans & Diced Carrots, Fruit Salad
	Snack	Mini Croissant, American Cheese, Water	 Cheddar Goldfish, Plums, Org. Milk 	Cauliflower, Honeydew Mini Bagels, Cream Chz., Milk 	• Animal Crackers, Bananas, Water	 WG Wheat Crackers, Apples, Water
Week 3		9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20	9/26, 10/24, 11/21	9/27, 10/25, 11/22
	Breakfast	 Shredded Mini Wheats, Oranges, Org. Milk 	 WG Pancakes* w/ Applesauce, Pineapple, Org. Milk 	• Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk	 Hash Browns, Turkey Sausage, Oranges, Org. Milk 	 Lemon Poppy Muffins, Honeydew, Org. Milk
	Lunch	 WG Cheese Tortellini In Garlic & Herb Oil, Green Beans & Cauliflower, Apples 	 WG Rotini, Roasted Tomato Sauce, Chx. Sausage V Org. Tomato Tofu, Peas & Carrots, 	 Chx. Meatballs In Brown Gravy, Tofu In Gravy, WG Rolls, Broccoli & Yellow Beans, 	 Chx. Fajitas, WG Tortillas Tofu Fajitas, Veggie Blend, Watermelon 	 Chx. Alfredo, WG Rotini, Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad
	Snack	Ritz Crackers, String Cheese, Water	 Bananas . Mini Bagels, Cream Cheese, Peaches 	 Cantaloupe Saltine Crackers, American Cheese, Water 	 Graham Squares, Bananas, Water 	 Kids Mix, Apples, Water
		9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27	9/5, 10/3, 10/31, 11/28	9/6, 10/4, 11/1, 11/29
Week 4	Breakfast	 Rice Krispies, Oranges, Org. Milk 	 WG Waffles* w/ Applesauce, Pineapple, Org. Milk 	 Mini Bagels, Cream Cheese, Apples, Org. Milk 	 WG Biscuits, Turkey Sausage, V Eggs, Oranges, Org. Milk 	Orange Blossom Muffins, Cantaloupe, Org. Milk
	Lunch	 Turkey Burger w/ Cheese, Veggie Burger, Buns & Ketchup, Broccoli & Yellow Beans, Apples 	 Herb Chx. & WG Rotini Pasta, Org. Herb Tofu, Green Beans & Cauliflower, Bananas 	 WG Chx. Bites, Tomato Ketchup, Veg. Bites, Peas & Carrots, Honeydew 	 WG* Mac And Cheese, 4 Veggie Blend, Watermelon 	 Chx. Marinara, WG Penne, Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad
	Snack	• WG Wheat Crackers, American Cheese, Water	 Animal Crackers, Plums, Water 	 Toasted Oats, Vanilla Yogurt, Water 	• Mini Croissant, Bananas, Water	 Club Crackers, Apples, Water

Org. Milk SERVED WITH ALL BREAKFAST AND LUNCHES* – Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Betsy Sejud, MHA, RD, LD – (*) denotes item is Whole Grain (V