




Breakfast & Snack - September, 2019

9/2 ***** CLOSED FOR LABOR DAY *****	9/3 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/4 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	9/5 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
9/9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/11 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/17 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	9/18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	9/19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9/20 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
9/23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/25 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	9/26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	9/27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9/30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches				

+ Whole grain



Lunch – September, 2019

<p>9/2 ***** CLOSED FOR LABOR DAY *****</p>	<p>9/3 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/4 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>9/5 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>9/6 *Lasagna Tossed salad Fresh fruit</p>
<p>9/9 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>9/10 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/11 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>9/12 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>9/13 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>9/16 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>9/17 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>9/18 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>9/19 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>9/20 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>9/23 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>9/24 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>9/25 Chicken patty Tuscan bean and garlic soup + Whole wheat bread/butter Fresh fruit</p>	<p>9/26 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit</p>	<p>9/27 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>9/30 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>		<p><i>~This menu is designed for children age 12+ months</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i></p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

*Vegetarian meal

+Whole grain



Vegetarian lunch – September, 2019

<p>9/2</p> <p>***** CLOSED FOR LABOR DAY *****</p>	<p>9/3</p> <p>#Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/4</p> <p>#^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>9/5</p> <p>+#Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit</p>	<p>9/6</p> <p>Lasagna Tossed salad Fresh fruit</p>
<p>9/9</p> <p>^Teriyaki patty Grated cheese Tossed salad Fresh fruit</p>	<p>9/10</p> <p>#^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>9/11</p> <p>Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>9/12</p> <p>Gardenburger Bean medley +Whole wheat roll Fresh fruit</p>	<p>9/13</p> <p>Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>9/16</p> <p>#^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>9/17</p> <p>+Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>9/18</p> <p>#^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit</p>	<p>9/19</p> <p>+#Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>9/20</p> <p>+Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>9/23</p> <p>Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit</p>	<p>9/24</p> <p>+Whole wheat pizza Garden salad Fresh fruit</p>	<p>9/25</p> <p>Veggie nuggets Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit</p>	<p>9/26</p> <p>Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit</p>	<p>9/27</p> <p>+#^Beans & Brown rice Tossed salad Tortilla Fresh fruit</p>
<p>9/30</p> <p>Tri-color pasta alfredo Salad Fresh fruit</p>				

+Whole grain

Entrée is Gluten Free

^ Entrée is Vegan