



September 2020 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
7 Closed For Labor Day	8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	15 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	18 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
21 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	22 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	23 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	24 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	25 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	29 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar		<i>Age appropriate milk must be served with breakfast</i>

+Whole grain



September 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	2 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	3 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter * Fresh fruit	4 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
7 Closed For Labor Day	8 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	9 (V) Whole grain pizza* Garden salad Fresh fruit	10 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	11 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
14 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	15 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	16 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	17 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	18 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
21 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	22 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	23 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	24 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	25 (V) Lasagna Tossed salad Fresh fruit
28 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	29 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	30 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<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>	<i>Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal

*Whole grain

#Gluten free

^Vegan