

September menu 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
BREAKFAST MEAL	<a href="#">Soft Filled CTCB (2 oz)</a> 1/2 c Pears, ¼ c Craisins	<a href="#">WG Blueberry Muffin (2 oz)</a> ½ c Peaches, ½ c Orange Juice	<a href="#">WG Bagel w/Cream Chs (2 oz)</a> 1/2 c Pears, ¼ c Craisins	<a href="#">WG Pancake w/Rasp Syrup</a> 1 Banana + ½ c Apple Juice	<a href="#">WG Gran w/Cherry Yog (5 oz)</a> ½ c Oranges, ½ c Strawberries
Lunch MMA	<a href="#">Spaghetti M/Sauce(8 oz)</a>	<a href="#">Chicken Quesadilla</a>	<a href="#">Chicken Philly</a>	<a href="#">WG Cheese Pizza (1 Slice)</a>	<a href="#">WG Cheese Pizza (1 Slice)</a>
Veg	1 c Sweet Peas (Otr)	1 c Broccoli (Dark Grn)	1c Cucumbers (Otr)	1.25 c Carrots w/Ranch (R/O)	1.25 c Carrots w/Ranch (R/O)
Fruit	½ c Peaches, 1 Banana	½ c Apples, 1 Orange	1 Apple, ½ c Pears	½ c Pineapples, 1 Banana	½ c Pineapples, 1 Banana
Grain	WG Noodles (4 oz)	<a href="#">WG Tortilla (2 oz)</a>	<a href="#">WG Hoagie(2 oz)</a>	<a href="#">Grain in Crust ( 2 oz)</a>	<a href="#">Grain in Crust ( 2 oz)</a>
	9	10	11	12	13
BREAKFAST MEAL	<a href="#">WG Bagel w/CrmChs (2 oz)</a> ½ c Sliced Apples + 1 Banana	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Apple + ½ c Pineapples	<a href="#">Soft Filled CTCB (2 oz)</a> 1 Banana + ½ c Sliced Peaches	<a href="#">WG Mini Waffles (2 oz)</a> 1 Orange + ½ c Pears	<a href="#">WG Gran w/Straw Yog (5 oz)</a> 1 Apple + ½ c Orange Juice
Lunch MMA	<a href="#">Beef Quesadilla (1 1/8 c)</a>	<a href="#">WG Chicken Nuggets (3 oz)</a>	<a href="#">Philly Cheesesteak</a>	<a href="#">Chicken Nachos</a>	<a href="#">WG Cheese Pizza (1 Slice)</a>
Veg	1 c Corn (Starch)	1 c Spinach (Dark Grn)	1 c Cucumbers (Otr)	1 c Black Beans (Leg)	1.25 c Carrots w/Ranch (R/O)
Fruit	½ c Peaches, 1 Banana <a href="#">Nachos (2 oz)</a>	½ c Apples, 1 Orange <a href="#">WG Tortilla (2 oz)</a>	½ c Fruit Medley, ½ c Pears <a href="#">WG Hoagie (2 oz)</a>	½ c Peaches, ½ c Pineapples WG in Chicken +Roll (2 oz)	½ c Mixed Fruit, 1 Banana <a href="#">Grain in Crust ( 2 oz)</a>

Grain					
	16	17	18	19	20
BREAKFAST MEAL	<u>WG Banana Muffin (2 oz)</u> 1 Orange + 1 Apple	<u>WG Cin Toast Crun Bowl (1 oz)</u> 1 Apple + ½ c Pineapples	<u>WG Mini Cin Chs Bag (2.43 oz)</u> 1 Banana + ½ c <i>Sliced Peaches</i>	<u>WG French Toast Sticks (3 oz)</u> 1 Banana + ½ Apple Juice	<u>WG Gran w/Cherry Yog (5 oz)</u> 1 Apple + ½ c Orange Juice
Lunch MMA	<u>Turkey Gyros w/Cuc Sauce</u> 1 c Corn (Starch)	<u>Teriyaki Chicken (2.8 oz)</u> 1 c Broccoli (Dark Grn)	<u>SS Meatball Sub</u> 1 c Green Beans (Otr)	BBQ Chicken Tenders (3 oz 1 c Chick Peas (Leg)	<u>WG Cheese Pizza (1 Slice)</u> 1.25 c Carrots w/Ranch (R/O)
Veg	½ c Apples, 1 Banana	½ c Applesauce, 1 Orange	½ c Mixed Fruit, ½ c Pears	½ c Mand Oranges, 1 Apple	½ c Pineapples, 1 Banana
Fruit	<u>WG Pita (2 oz)</u>	Brn Rice (4 oz) + <u>Roll (1 oz)</u>	<u>WG Hoagie (2 oz)</u>	<u>WG Bun (2 oz)</u>	<u>Grain in Crust (2 oz)</u>
Grain					
	23	24	25	26	
BREAKFAST MEAL			<u>WG Apple Bites (2 oz)</u> 1 Banana + ½ c <i>Sliced Peaches</i>	<u>WG Blueberry Muffin (2 oz)</u> ½ c Apple Slices + ½ c Org Juice	<u>WG Cin Toast Crun Bowl (1 oz)</u> 1 Orange + ½ c Apple Juice
Lunch MMA	<u>Spaghetti M/Sauce (8 oz)</u> ½ c Corn	<u>Turkey Hotdog (4 oz)</u> ½ c French Fries	<u>Spaghetti M/Sauce (8 oz)</u> ½ c Broccoli (GL)	<u>Turkey &amp; Chs Wraps</u> 1.25 c Carrots w/Ranch (R/O)	<u>Mexicali Taco Boat</u> ¾ c Peas
Veg	½ c Peaches	½ c Applesauce	¾ c Green Beans (Otr)	½ c Peaches, 1 Apple	1 Banana
Fruit	Grain in Nood + <u>WG Roll (1 oz)</u>	<u>WG Hotdog Bun (2 oz)</u>	½ c Peaches, 1 Apple	<u>WG Wrap (2 oz)</u>	<u>Dinner Roll (1 oz)</u>
Grain			Grain in Nood + <u>WG Roll (1 oz)</u>		
	30	Oct1	2	3	4
BREAKFAST MEAL	<u>WG Banana Muffin (2 oz)</u> 1 Orange + 1 Apple	<u>WG Cin Toast Crun Bowl (1 oz)</u> 1 Apple + ½ c Pineapples	<u>Soft Filled CTCB (2 oz)</u> 1 Banana + ½ c <i>Sliced Peaches</i>	<u>WG Bagel w/Jelly (2 oz)</u> 1 Banana + ½ Apple Juice	<u>WG Gran w/Cherry Yog (5 oz)</u> 1 Apple + ½ c Orange Juice

Lunch MMA	<u>WG Chopped Ckn Tends</u> (2 ea)	<u>WG Chicken Burrito</u> (1 ea)	<u>WG Cheese Pizza</u> (1 Slice)	<u>Beef &amp; Chs Wraps</u>	<u>Beef &amp; Chs Wraps</u>
Veg	over ½ c Fr. Fries (Starch)	½ c Green Beans (Other)	1.25 c Carrots w/Ranch (R/O)	1 c Broccoli (Dark Green)	½ Black Beans
Fruit	½ c Green Peas (Starch)	½ c Baked Beans (Leg)	½ c Fruit Mix, 1 Apple	½ c Pineapples, ½ c Peaches	
Grain	½ c <i>Mix Fruit</i> , 1 <i>Orange</i> <u>WG Roll</u> (1 oz)	½ c Pineapples, 1 Banana	<u>Grain in Crust</u> ( 2 oz)	<u>Grain in Crust</u> ( 2 oz)	1 <i>Banana</i>
		<u>WG Wrap</u> (2 oz)			<u>WG Bun</u> (2 oz)

Lunch meals include skim, 1% milk or FF Flavored Milk.