



September



Monday

Tuesday

Wednesday

Thursday

Friday



1

BREAKFAST:

Fruit & Juice

Cereal
Milk

2

LUNCH:

Cheeseburger w/ ketchup
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK:

Graham Crackers and White Milk

BREAKFAST:

Fruit & Juice

Waffle w/ syrup
Milk

3

LUNCH:

Lasagna in Bolognese sauce
Broccoli
Garlic Bread
Fruit and Milk

SNACK:

Apple ways Crackers and Juice

BREAKFAST:

Fruit & Juice

Sliced Bread
Scrambled Egg and Milk

4

LUNCH:

Meat Balls in Marinara
Brown Rice
Peas and Carrots
Fruit and Milk

SNACK:

Chocolate Cookie and White Milk

BREAKFAST:

Fruit & Juice

Pancake w/ syrup
Milk

5

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

Lays Chips and Juice

BREAKFAST:

Fruit & Juice

Cereal
Milk

08

LUNCH:

Chicken Nuggets w/ ketchup
Brown Rice
Red Beans
Fruit
Milk

SNACK:

Oatmeal Cookie and White Milk

BREAKFAST:

Fruit & Juice

Biscuit w/ butter
Milk

09

LUNCH:

Mac & Cheese
Broccoli
Fruit
Milk

SNACK:

Pretzels and Juice

BREAKFAST:

Fruit & Juice

Scrambled Egg
Sliced Bread
Milk

10

LUNCH:

Teriyaki Chicken
Veggie Rice
Steamed Carrots
Fruit and Milk

SNACK:

Cookies and White Milk

BREAKFAST:

Fruit & Juice

Waffle w/ syrup
Milk

11

LUNCH:

Chicken Tender w/ ketchup
Brown Rice
Mixed Vegetables
Fruit and Milk

SNACK:

Lays Chips and Juice

BREAKFAST:

Fruit & Juice

Pancake w/ syrup
Milk

12

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:

Graham Crackers and White Milk





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BREAKFAST:
Fruit & Juice
Cereal
Milk

LUNCH:
Ropa Vieja e Pollo
Flour Tortilla
Refried Beans
Corn
Fruit
Milk

SNACK
Honey Oat Crackers and White Milk

15

BREAKFAST:
Fruit & Juice
Bagel w/ cream cheese
and Milk

LUNCH:
Arroz Con Pollo Criollo w/ Corn
Mixed Vegetables
Bread Roll
Fruit
Milk

SNACK:
Cheez-it and Juice

16

BREAKFAST:
Fruit & Juice
Biscuit w/ jelly
Milk

LUNCH:
Picadillo
Brown Rice
Steam Carrots
Bread Roll
Fruit and Milk

SNACK:
President Crackers and White Milk

17

BREAKFAST:
Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:
Our Famous Meatballs Marinara
Sun Bun
Corn
Fruit and Milk

SNACK:
Lays Chips and Juice

18

BREAKFAST:
Fruit & Juice
Scrambled Egg
Sliced Bread
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
Pretzel and Juice

19

BREAKFAST:
Fruit & Juice
Cereal And Milk

LUNCH:
Chicken Patty-
Brown Rice
Steam Carrots
Fruit and Milk

SNACK:
Chocolate Cookie and White Milk

22

BREAKFAST:
Fruit & Juice
Cinnamon Bread w/ Butter
Milk

LUNCH:
Special Turkey Taco
Nacho Chips
Refried Beans
Lettuce
Fruit and Milk

SNACK:
Graham Crackers and Juice

23

BREAKFAST:
Fruit & Juice
Pancake w/ syrup
Milk

LUNCH:
Beefaroni
Peas and Carrots
Bread Roll
Fruit and Milk

SNACK:
Oatmeal Cookie and White Milk

24

BREAKFAST:
Fruit & Juice
English Muffin w/ butter
Milk

LUNCH:
Hot Dog
Bun
Mixed Vegetables
Fruit
Milk

SNACK:
Goldfish Crackers and Juice

25

BREAKFAST:
Fruit & Juice
Bread w/ Butter
Egg Patty
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
Animal Crackers and White Milk

26

BREAKFAST:
Fruit & Juice
Cereal
Milk

LUNCH:
Baked Chicken w/mojo
Congri Rice
Steamed Broccoli
Fruit and Milk

SNACK:
Cheez it Crackers and Juice

29

BREAKFAST:
Fruit & Juice
English Muffin w/ butter
Milk

LUNCH:
Cheeseburger w/ ketchup and Mayo
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK:
Graham Crackers and White Milk

30

