

MELC September 2021 MENU

Meal	Monday 9/6	Tuesday 9/7	Wenesday 9/8	Thursday 9/9	Friday 9/10
Breakfast		cereal blueberries	waffles oranges	overnight oats peaches	bagels w/ cream cheese bananas
AM snack		fruit yogurt graham crackers	cheese slices ritz crackers	tortilla chips salsa	animal crackers apple sauce
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Lunch		chk./ham wraps lettuce cantalope	pork sliders colesaw apples	beef taco quesadilla corn pineapples	grilled cheese sandw. tomato soup pears
PM snack		chex mix raisins	hummus cucumbers	granola bars carrots	green pea crisps grapes
Meal	Monday 9/13	Tuesday 9/14	Wenesday 9/15	Thursday 9/16	Friday 9/17
Breakfast	cereal raspberries	waffles bananas	toast w/ sunbutter straberries	cheesy eggs oranges	pumking bread bluberries
AM snack	string cheese saltine crackers	cheez-its mangos	pita guacamole	turkey slices club crackers	graham crackers fruit smoothie
Lunch	chk.saled sandwiches mixed veg. apples	hot ham sliders green beans peaches	chicken fiesta burritos corn pineapples	sausage over rice peppers pears	chilled italian pasta w salami & veg. watermelon
PM snack	popcorn mandarins	wheat thins cream cheese	pirate's booty crainsis	pretzels tropical fruit	figbars carrots
Meal	Monday 9/20	Tuesday 9/21	Wenesday 9/22	Thursday 9/23	Friday 9/24
Breakfast	cereal bluberries	pancakes strawberries	cinnamon toast bananas	bacon & cheese biscuits peaches	bagels w/cream cheese oranges
AM snack	goldfish mangos	fruit yogurt graham crackers	pepperoni ritz crackers	salsa tortilla chips	chexmix riasins
Lunch	sausage pta pizza broccoli oranges	sudied tomato pasta green beans watermelon	teriyaki meat balls over rice w/ carrots apples	bacon mac n' cheese peas & carrots pineapples	beef taco salad corn pears
PM snack	belvita crackers apple sauce	celery hummus	nutrigrain crackers mandarins	granola bars carrots	rice crispies grapes
Meal	Monday 9/27	Tuesday 9/28	Wenesday 9/29	Thursday 10/1	Friday 8/27
Breakfast	cereal peaches	waffles bluberries	oatmeal bananas	potato eggs oranges	banana muffis stawberries
AM snack	string cheese saltine crackers	cottage cheese animal crackers	cheez-its grapes	ham slices ritz crackers	wheat thins crackers smoothie
Lunch	beans & cheese burritos green beans oranges	sloppy joes corn pears	chef salad w/ wam letucce melon	pizza pasta w/pepperoni broccoli apples	seaweed & ham onigiri peas & carrots pineapples
PM snack	fig bars carrots	guacamole pita bead	grean pea crisps raspberries	popcorns mandaris	nila crackers mangos
Meal	Monday 10/4	Tuesday 10/5	Wenesday 10/6	Thursday 10/7	Friday 10/8
Breakfast	cereal raspberries	pancakes strawberries	biscuit w/ gravy bananas	cinn. Rolls peaches	bagels w/cream cheese oranges
AM snack	goldfish bluberries	cream cheese wheat thins	cheesy bread marinara sause	cube cheese club crackers	graham crackers applesauce
Lunch	coconut chk. Curry w/ rice bell peppers apples	meatloaft mushed potatoes oranges	Mrs. Sam's corn salad w/chips pineapples	bbq. Chk. Quesadilla corn pears	beef chilli tortilla chips watermelon
PM snack	granola bar carrots	pretzels mangos	pirate's booty mandarins	belvita crackers tropical fruit	chexmix crainsis