

September Breakfast/Lunch

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	B: whole wheat Honey Nut Cheerios, milk, fruit L: Grilled cheese sandwich, veggie straws, fruit, and milk	B: Cinnamon raisin toast, butter, milk, fruit L: Hamburger sliders, buttered corn, fruit, and milk	B: Fruit parfait, whole wheat toast, milk L: Grilled chicken tenders, green beans, mashed potatoes, milk	B: Waffles, sugar free syrup, apple sauce, milk L: Penne pasta with alfredo and chicken, beans, milk	B: Blueberry muffin, fruit, and milk L: Ham and cheese sandwich, chips, fruit, and milk	
8	9	10	11	12	13	14
	B: Pancake corn dogs, fruit, milk L: Chicken quesadillas, Spanish rice, milk	B: Whole wheat toast, butter, jam, or cream cheese, fruit, and milk L: Turkey hot dogs, veggie straws, fruit, milk	B: Whole wheat Honey Nut Cheerios, milk, fruit L: Peperoni pizza, baked sweet potato fries. Fruit, milk	B: Cinnamon raisin toast, butter, milk, fruit L: grilled chicken fajita strips, green beans, corn, milk	B: Fruit parfait, whole wheat toast, milk L: Macaroni and cheese with beef, mixed vegetables, milk	
15	16	17	18	19	20	21
	B: Blueberry muffin, fruit, and milk L: Turkey corn dogs, chips, beans, milk	B: Waffles with sugar free syrup, yogurt, milk L: BLT sandwich, carrots, ranch, milk	B: Whole wheat toast with jam or cream cheese, milk L: Beef tacos, Spanish rice, milk	B: Cinnamon raisin toast, butter, milk, fruit L: Penne pasta, alfredo, chicken, green beans, milk	B: Yogurt parfait, wheat toast, milk L: Grilled chicken tenders, rice, fruit, milk	
22	23	24	25	26	27	28
	B: Whole wheat Honey Nut Cheerios, fruit, milk L: Pepperoni pizza, mixed vegetables, milk	B: Pancake corn dogs, fruit, milk L: Hamburger sliders, buttered corn, fruit, milk	B: Blueberry muffin, fruit, milk L: Rice and beans, mixed fruit, milk	B: Yogourt parfait, fruit, Milk L: hotdogs, veggie straws, carrots, milk	B: Cinnamon raisin toast, butter, fruit, milk L: Chicken quesadillas, Mexican rice, mixed veggies	
29	30					
	B: Waffles with sugar free syrup, fruit, milk L: Grilled cheese, green beans, fruit					

September Snacks

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	AM: apple sauce, animal crackers, milk PM: Ritz crackers, fruit, milk	AM: Animal crackers, fruit, milk PM: celery with peanut butter, milk	AM: goldfish, fruit, and milk PM: Whole wheat bread and jam	AM: Mixed fruit and milk PM: graham crackers, fruit, milk	AM: Ritz crackers and cheese, milk PM: Cheese Danish, fruit, milk	
8	9	10	11	12	13	14
	AM: Yogurt with granola, fruit, and milk PM: Apple sauce and animal crackers, milk	AM: Mixed fruit and milk PM: celery with peanut butter, milk	AM: Ritz crackers with fruit, and milk PM: goldfish with fruit, milk	AM: Veggie straws, fruit, and milk PM: Whole wheat bread with jam, milk	AM: graham crackers, fruit, and milk PM: Baked chips, fruit, milk	
15	16	17	18	19	20	21
	AM: Yogurt, fruit, and milk PM: Goldfish, fruit, and milk	AM: Ritz crackers with cheese, milk PM: Mixed fruit, milk	AM: Animal crackers, fruit, milk PM: celery with peanut butter, milk	AM: graham crackers, fruit, and milk PM: Baked chips, fruit, milk	AM: apple sauce, animal crackers, milk PM: Ritz crackers, fruit, milk	
22	23	24	25	26	27	28
	AM: Ritz crackers and cheese, milk PM: Cheese Danish, fruit, milk	AM: graham crackers, fruit, and milk PM: Baked chips, fruit, milk	AM: Mixed fruit and milk PM: celery with peanut butter, milk	AM: apple sauce, animal crackers, milk PM: Ritz crackers, fruit, milk	AM: goldfish, fruit, and milk PM: Whole wheat bread and jam	
29	30					
	AM: Mixed fruit and milk PM: celery with peanut butter, milk					