

M E N U

September 09– September 13, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ham Scrambled Eggs Whole Grain Toast Fresh Strawberries 2% Milk	French Bread Fresh Fruit 2% Milk	Egg, Cheese on English Muffin Fresh Fruit 2% Milk	Honey Nut Cheerios w/Milk Fresh Fruit 2% Milk	Cheese & Spinach Omelet Whole Grain Toast Fresh Fruit 2% Milk
Morning Snack	Crackers Cheddar Cheese Water	Blueberry Muffin Water	Oat Granola Bar Water	Strawberry Yogurt Fresh Strawberries Water	Salami Slices Ritz Crackers Water
Lunch	Beef, Rice, Bean Bowl Mixed Steamed Veggies Whole Wheat Toast Fresh Fruit Water	Spaghetti w/Meat Sauce Mixed Steamed Veggies Fresh Fruit Water	Hotdog Squares Mixed Steamed Veggies Fresh Fruit Water	Chicken Tenders Roasted Carrots Fresh Fruit Water	English Muffin Pizza Mixed Steamed Veggies Water
Afternoon Snack	Apple Slices Cheddar Cheese Slices Water	Oat Granola Bar Water	Mixed Fresh Fruit Water	Ham & Cheese Rolls Fresh Fruit Water	Mini Cheese Quesadillas Water