

# M E N U

September 11 – September 15, 2023

|                 | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|-----------------|--|---|--|---|---|
| Breakfast       | Breakfast Sammie (Egg, Sausage, Cheese, English Muffin)<br>2% Milk | Ham Scramble (Eggs, Ham)<br>Whole Wheat Toast<br>Bananas<br>2% Milk | Waffles<br>Sausage<br>Berries<br>2% Milk   | Cereal w/Milk<br>Fresh Berries<br>2% Milk             | Ham & Spinach Omelet<br>Fresh Fruit<br>2% Milk    |
| Morning Snack   | Animal Cookies<br>Cheese Sticks<br>Water                           | Banana Granola Bar<br>Water   | Pretzels<br>Cheddar Cheese Squares<br>Water  | Blueberry Muffin<br>Water                             | Fresh Fruit Bowl<br>Water                         |
| Lunch           | Peanut Butter & Jelly<br>Squares<br>Berries<br>Water               | Cheese Quesadilla<br>Mixed Steamed Veggies<br>Water                 | Grilled Cheese Sandwich<br>Steamed Broccoli &<br>Cauliflower<br>Apple Sauce<br>Water | Beef Taquitos<br>Steamed Rice<br>Black Beans<br>Water | Pepperoni Pizza<br>Mixed Steamed Veggies<br>Water |
| Afternoon Snack | Apple Slices & Pineapple<br>Cubes<br>Water                         | Apples Slices<br>Peanut Butter<br>Water                             | Almonds<br>Strawberries<br>Cheese Squares<br>Water                                   | Baby Carrots<br>Ranch Dressing<br>Water               | Apple Sauce<br>Cheddar Cheese Slices<br>Water     |