

September/October Food Program Menu 2021

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Chex Cereal Applesauce Milk	Bagel and Cream Cheese Mandarin Oranges Milk	Cheerios WG 100% Orange Juice Milk	Pancakes WG Pears Milk	Blueberry Muffins Bananas Milk
Lunch	Pasta Alfredo Broccoli Mixed Fruit Milk	Meat and Cheese Tacos Corn Apples (Applesauce for 1's) Milk	Tuna Salad on Croissant Mixed Veg Pineapple Milk	Cheese Quesadillas Green Beans Tropical Fruit Milk	Turkey and Cheese Sandwich Salad (Mixed veggies for 1's) Oranges Milk
snack	Goldfish WG Pickles	Ritz Crackers WG Sliced Cheese	Animal Crackers Milk	Yogurt Bananas	Cheese Its WG 100% Juice

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
Breakfast	Kix Cereal Pears Milk	Pancakes WG Applesauce Milk	Bran Flakes WG 100% Orange Juice Milk	Cheerios WG Mandarin Oranges Milk	Biscuits Bananas Milk
Lunch	Chicken Noodle Casserole Carrots Fruit Medley Milk	Grilled Cheese Corn/Peas Oranges Milk	Chicken Nuggets Cornbread Mixed Veg Mixed Fruit Milk	Baked Ziti Green Beans Pineapple Milk	Ham and Cheese Sandwich Salad (Mixed veggies for 1's) Apples (Applesauce for 1's) Milk
snack	Ritz Crackers WG String Cheese	Pretzels Pickles	Graham Crackers Milk	Yogurt Bananas	Goldfish WG 100% Juice

- Milk is unflavored for Ages 1-5, School Age can have flavored milk
- 1's drink whole milk. 2's and up drink 1% milk
- Menu is subject to change
- "WG" denotes "Whole Grain"

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