

## MONTH/DATES September 22-26 WEEK #1

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Breakfast	Whole Grain French Toast Turkey Sausage Pears Milk	Whole Grain Pancakes  Scrambled Eggs  Watermelon  Milk	Whole Grain Banana Bread Blueberries Milk	Whole Grain Waffles  Egg Patty  Cantaloupe  Milk	Whole Grain Muffins Apples Milk
Lunch	Whole Grain Roll Country Fried Steak Apples Roasted Vegetables Milk	Whole Grain Bun Pulled Pork Strawberries Cauliflower Milk	Whole Grain Taco Pizza Banana California Blend Milk	Whole Grain Bosco Sticks Pineapples Marinara/Corn Milk	Whole Grain Toasted  Turkey and Cheese  Melts  Honeydew  Carrots  Milk
Snack	Graham Crackers (I,T,P) Bananas (I,T,P)	Yogurt Bites (I,T,P) Peaches (I,T,P)	Cinnamon Crisps (T,P) Club Crackers (I) Mandarin Oranges(I,T,P)	(I,T,P)Pears Ritz Crackers (I,T,P)	Watermelon (I,T,P) Raisins (T,P) Pirates Booty (I)













## MONTH/DATES September29- October 3 WEEK # 2

	MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Breakfast	Scrambled Eggs Bananas Milk	Whole Grain Bagel Canadian Bacon Pears Milk	Whole Grain Oatmeal  Watermelon  Milk	Whole Grain Biscuit Hard Boiled Egg Pineapples Milk	Whole Grain Cereal  Strawberries  Milk
Lunch	Whole Grain Chicken and Dumplins Strawberries Peas Milk	Chicken Nuggets  Whole Grain Pineapples Broccoli Milk	Whole Grain Bread  Meatloaf Peaches Mashed Potatoes  Milk	Whole Grain Grilled Cheese Apples Tomato Soup Milk	Whole Grain Roll Turkey Meatballs Bananas Corn Milk
Snack	Mandarin Oranges (I,T,P) Goldfish (I,T,P)	Blueberries (I,T,P) Veggie Straws (I,T,P)	Bananas (I,T,P) Sun Chips (T,P) Graham Crackers (I)	Mandarin Oranges (I,T,P) Pirates Booty (I,T,P)	Blueberries (I,T,P) Cheez-its (I,T,P)











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## MONTH/DATES October 6-10 WEEK # 3

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Breakfast	Whole Grain Granola Yogurt Mixed Berry Milk	Whole Grain Biscuit Chicken Bananas Milk	Whole Grain banana bread Peaches Milk	Whole grain Pancakes  Turkey Sausage  Apples  Milk	Whole Grain Muffins  Peaches  Milk
Lunch	Whole Grain Popcorn Chicken Strawberries California Blend Milk	Whole Grain Roll Country Fried Steak Pineapples Broccoli Milk	Bosco sticks Cheese Apples green beans, marinara sauce Milk	Whole grain Taco Pizza Bananas Corn Milk	Whole Grain bun Hamburger Patty Blueberries Mixed Vegetables Milk
Snack	Club Crackers (I,T,P) Cottage Cheese (I,T,P)	Ritz Crackers (I,T,P) Cheese Cubes (I,T,P)	(I.T, P)Veggie Straws (I,T,P) (I, T, P) Mandarin Oranges	Goldfish (I, T, P) (T, P)Pineapples Applesauce (I)	Fig Newtons (I, T, P) Strawberries (I, T, P)



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<b>MONTH</b>	/DAY	October 13-17	<b>WEEK #4</b>
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	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Breakfast	Whole Grain Cereal  Apples  Milk	Whole Grain Bagel  Bacon  Pineapples  Milk	Whole Gain Oatmeal Watermelon Milk	Whole Grain Toast Chicken Sausage Patty Cantaloupe Milk	
Lunch	Whole Grain Fish Bananas Vegetarian Baked Beans Milk	Whole Grain Roll Chicken Casserole Peas Strawberries Milk	Whole Grain Cheese Pizza Cauliflower Milk Blueberries	Whole Grain Roll Lasagna with beef Bananas Broccoli Milk	
Snack	Pears (I,T,P) Nutrigrain Bars (I,T,P)	Peaches(I,T,P) Pretzels (T,P) Club Crackers (i)	Mandarin Oranges(I,T,P) Veggie Straws (I,T,P)	Pears(I,T,P) Goldfish (I,T,P)	