

Meal Plan September 2024

Key:, **Breakfast**,**Lunch**,**Snack**

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast Lunch <u>Snack</u>	2 <div style="border: 1px solid black; padding: 10px; text-align: center; width: 100%;"> MCA Closed In Observance of Labor Day. </div>	3 Assorted Cereal/Fruit / Milk Corn Dog Nuggets (3 and under chicken nuggets) Carrots Mixed Fruit / Milk <u>Animal Crackers / Raisins / Water / Juice</u>	4 Jelly Biscuit /Fruit / Milk Turkey Patty Green Beans Pineapple / Milk <u>Cheese Crackers / Water / Juice</u>	5 Mini Muffins /Yogurt / Milk Chicken Nuggets Corn Peaches / Milk <u>Oatmeal Cream Pies / Water / Juice</u>	6 Assorted Cereal/Fruit / Milk Mini Cheeseburger Sliders Mixed Vegetables Apple Sauce / Milk <u>Multi Grain Sun Chips / Water / Juice</u>	*MENU ITEMS SUBJECT TO CHANGE*
Breakfast Lunch <u>Snack</u>	9 Assorted Cereal/Fruit / Milk Pasta / Red Sauce / Cheese Roasted Broccoli Peaches / Milk <u>Graham Crackers / Raisins / Water / Juice</u>	10 Pancakes/Fruit /Milk Dino Nuggets Mixed Vegetables Pineapple / Milk <u>Ritz Bits with Cheese / Water / Juice</u>	11 Bagels / Fruit / Milk Fish Shapes Green Beans Pears / Milk <u>Fruit Bars / Water / Juice</u>	12 French Toast/Fruit/ Milk Country Fried Steak Corn Mixed Fruit / Milk <u>Chex Mix / Water / Juice</u>	13 Assorted Cereal/Fruit / Milk Cheese Pizza Salad Mandarin Oranges / Milk <u>Rice Krispy Treats / Water / Juice</u>	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Breakfast Lunch <u>Snack</u>	16 Assorted Cereal/Fruit / Milk Grilled Chicken Nuggets Green Beans Pineapple / Milk <u>Cheese Whales / Water / Juice</u>	17 Jelly Biscuit /Fruit / Milk Macaroni & Cheese Broccoli Pears / Milk <u>Vanilla Wafers / Water / Juice</u>	18 Waffles / Fruit / Milk Ham Patty Mixed Vegetables Mandarin Oranges / Milk <u>Wheat Crackers / Raisins / Water / Juice</u>	19 Blueberry Pancakes/ Milk Hot Dog Roll ups (3 and under quesadilla) Carrots Apple Sauce / Milk <u>Chocolate Chip Cookies / Water / Juice</u>	20 Assorted Cereal/Fruit / Milk Cowboy Casserole Corn Mixed Fruit / Milk <u>Mini Pretzel Twist / Water / Juice</u>	***Indicates the lunch may contain Dairy**
Breakfast Lunch <u>Snack</u>	23 Assorted Cereal/Fruit / Milk Steak Fingers Mixed Vegetables Mandarin Oranges / Milk <u>Teddy Grahams / Water / Juice</u>	24 Mini Muffins/ Yogurt / Milk Chicken Patty Mashed Potatoes Apple Slices / Milk <u>Rich & Crisp Crackers / Cheese / Water / Juice</u>	25 Pancakes / Fruit / Milk Turkey & Cheese Sliders Green Beans Pineapple / Milk <u>Oatmeal Cookies / Water / Juice</u>	26 French Toast / Fruit / Milk Beef Taco Salad Lettuce, Tomato & Cheese Pears / Milk <u>Snack Crackers /Water / Juice</u>	27 Assorted Cereal/Fruit / Milk Cheese Tortellini Corn Mixed Fruit / Milk <u>Chocolate Cream Pies / Water / Juice</u>	*All sausage, hot dogs, and corndog nuggets are TURKEY.
Breakfast Lunch <u>Snack</u>	30 Assorted Cereal/Fruit / Milk Chicken Tenders Green Beans Apple Sauce / Milk <u>Goldfish Crackers / Water / Juice</u>	10/1 Waffle Sticks/ Fruit /Milk Fish Sticks Mixed Vegetables Pears / Milk <u>Chocolate Animal Crackers / Water /Juice</u>	10/2 Bagels /Fruit / Milk Cheese Quesadilla Salad Peaches / Milk <u>Oyster Crackers / Raisins / Water / Juice</u>	10/3 Blueberry Pancakes/ / Milk Meatloaf Corn Mandarin Oranges / Milk <u>Strawberry Yogurt Chex Mix / Water / Juice</u>	10/4 Assorted Cereal/Fruit / Milk Chicken Sandwiches Carrots Mixed Fruit / Milk <u>Potluck Snack (Cooks Choice pantry clean out / Water / Juice</u>	

