

# SEPTEMBER 2018 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SEPT 3</b></p> <p><b>All Programs Closed - Labor Day</b></p>	<p><b>4</b></p> <p><b>Breakfast</b> Cream of Wheat, Fruit, Milk</p> <p><b>Lunch</b> Stroganoff Over Noodles, Veggies, Fruit, Milk</p> <p><b>Snack</b> Trail Mix, Milk</p>	<p><b>5</b></p> <p><b>Breakfast</b> Fresh Baked Scone, Fruit, Milk</p> <p><b>Lunch</b> Quinoa w/Beans, Veggies, Fruit, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>	<p><b>6</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Chicken Sandwich on WW Bun, Veggie, Fruit, Milk</p> <p><b>Snack</b> String Cheese, Fruit, Water.</p>	<p><b>7</b></p> <p><b>Breakfast</b> Quiche, Fruit, Toast, Milk</p> <p><b>Lunch</b> All Natural Macaroni &amp; Cheese, Fruit, Veggie, Milk</p> <p><b>Snack</b> Chef's Choice, Milk</p>
<p><b>10</b></p> <p><b>Breakfast</b> Buckwheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b> WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p><b>Snack</b> Yogurt, Granola, Water</p>	<p><b>11</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p><b>Snack</b> Fruit, Cheese, Water</p>	<p><b>12</b></p> <p><b>Breakfast</b> Scrambled Eggs, Toast, Fruit, Milk</p> <p><b>Lunch</b> Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p><b>Snack</b> Zucchini Bread with Cinnamon Butter, Milk</p>	<p><b>13</b></p> <p><b>Breakfast</b> Oatmeal, Fruit, Milk</p> <p><b>Lunch</b> Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>	<p><b>14</b></p> <p><b>Breakfast</b> Apple French Toast Bake, Turkey Sausage, Milk</p> <p><b>Lunch</b> Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p><b>Snack</b> Fruit, Graham Cracker Bars, Water</p>
<p><b>17</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Berries, Milk</p> <p><b>Lunch</b> Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p><b>Snack</b> Homemade Banana Bread, Milk</p>	<p><b>18</b></p> <p><b>Breakfast</b> Oatmeal, Fruit, Milk</p> <p><b>Lunch</b> WW Spaghetti &amp; Turkey Meat Balls, Veggies, Fruit, Milk</p> <p><b>Snack</b> Yogurt, Granola, Water</p>	<p><b>19</b></p> <p><b>Breakfast</b> WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p><b>Lunch</b> Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p><b>Snack</b> Fruit &amp; Cheese, Water</p>	<p><b>20</b></p> <p><b>Breakfast</b> Whole Wheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b> Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>	<p><b>21</b></p> <p><b>Breakfast</b> Kale Fruit Smoothies, Whole Wheat Toast, Milk</p> <p><b>Lunch</b> Chicken Alfredo w/Veggies, Fruit, Milk</p> <p><b>Snack</b> Fresh Fruit, Graham Cracker Bars, Water</p>
<p><b>24</b></p> <p><b>Breakfast</b> Cream of wheat and fruit. Milk</p> <p><b>Lunch</b> Baked chicken served with WW pasta salad, squash and fruit. Milk</p> <p><b>Snack</b> Trail Mix. Milk</p>	<p><b>25</b></p> <p><b>Breakfast</b> Apple French Toast Bake, Turkey Sausage, Milk</p> <p><b>Lunch</b> Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p><b>Snack</b> Banana and crackers. Water</p>	<p><b>26</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> WW Pizza w/Veggies, Fruit, Milk</p> <p><b>Snack</b> Veggies W/Homemade Ranch, Milk</p>	<p><b>27</b></p> <p><b>Breakfast</b> Baked Scone, Fruit, Milk</p> <p><b>Lunch</b> All Natural WW Mac &amp; Cheese, Veggies, Fruit, Milk</p> <p><b>Snack</b> Homemade Oatmeal Bars, Fruit, Water</p>	<p><b>28</b></p> <p><b>Breakfast</b> Quiche, Roasted Potatoes, Fruit, Milk</p> <p><b>Lunch</b> Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p><b>Snack</b> String Cheese, Apples, Water</p>
<p><b>OCT 1</b></p> <p><b>Breakfast</b> Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b> Lentils with Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b> Yogurt with Granola, Water</p>	<p><b>2</b></p> <p><b>Breakfast</b> Blueberry Bagels, Cream Cheese, Fruit, Milk</p> <p><b>Lunch</b> Chicken Alfredo w/Veggies, Fruit, Milk</p> <p><b>Snack</b> Homemade Oatmeal Bars, Milk</p>	<p><b>3</b></p> <p><b>Breakfast</b> Kale Fruit Smoothie, WW Toast, Milk</p> <p><b>Lunch</b> Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p><b>Snack</b> Chef's Choice, Milk</p>	<p><b>4</b></p> <p><b>Breakfast</b> Muffin Bars, Fruit, Milk</p> <p><b>Lunch</b> Tater Tot Hot Dish w/ Veggies, Fruit, Milk</p> <p><b>Snack</b> Cream Cheese &amp; Crackers, Milk</p>	<p><b>5</b></p> <p><b>Breakfast</b> Apple French Toast Bake, Milk</p> <p><b>Lunch</b> Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p><b>Snack</b> Cottage Cheese, Fruit, Water</p>

