

September 2020 Menu

7-11 & 21-25

MEAL	COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1% Milk Fruit or Veg Bread/Grain	Milk Sliced Apples Cheerios	Milk Sliced Oranges Cinnamon Toast	Milk Sliced Bananas Cheerios	Milk Sliced Apples Biscuits	Milk Sliced Oranges Cheerios
LUNCH	1% Milk Meat/Alternate Veg. or Fruit Fruit or Veg. Bread/Grain	Milk Chicken Nuggets Peas Applesauce Tator tots Whole Wheat Bread	Milk Chicken Pinto Beans Pears Rice "Chicken Taco Bowl"	Milk Chicken Green beans Pineapples Spaghetti "Chicken Alfredo"	Milk Turkey Hot Dogs Baked Beans Peaches Rice	Milk Ground Turkey Tomato Sauce Mixed Fruit Spaghetti "Turkey Spaghetti"
P.M. SNACK	Any 2 different meal components	Ritz Crackers 100% Juice	Gold Fish 100% Juice	Animal Crackers 100 % Juice	Gold Fish 100% Juice	Pretzels 100% Juice

All Meals are served with water

14-18 & 28-2

MEAL	COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1% Milk Fruit or Veg Bread/Grain	Milk Sliced Bananas Cheerios	Milk Sliced Apples Pancakes	Milk Sliced Oranges Cheerios	Milk Sliced Apples Muffins	Milk Sliced Oranges Cheerios
LUNCH	1% Milk Meat/Alternate Veg. or Fruit Fruit or Veg. Bread/Grain	Milk Chicken Carrots Applesauce Rice "Chicken & Rice"	Milk Meatballs Peaches Tomato sauce Elbow Noodles	Milk Cheese Corn Pears Pizza Dough "Cheese Pizza"	Milk Turkey Hot Dogs Mixed Veggies Mixed Fruit Whole Wheat Buns "Hot Dogs"	Milk Ground Turkey Tomato Sauce Pineapples Elbow Noodles "Turkey-Roni"
P.M. SNACK	Any 2 different meal components	Graham Crackers 100% Juice	Gold Fish 100% Juice	Animal Crackers 100% Juice	Graham Crackers 100% Juice	Pretzels 100% Juice

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