



# September 2023 Menu

		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Week 1</b> Sept. 4 - Sept. 8	<u>Breakfast</u>	Closed	Scrambled Eggs, WG bread, mandarin oranges and Milk	French Toast, Fruit Cocktail and Milk	Cereal, Bananas and Milk	Biscuits, Turkey Sausage, Mandarin Oranges and Milk
	<u>Lunch</u>	In Observance of	Mac n Cheese with WG Pasta, Baked Chicken, Peas, Peaches and Milk	Turkey, Mozzarella cheese, Brown rice Casserole, Green Beans, Peas and Milk	Ground Turkey Marinara Sauce with WG Pasta, Mixed Veggies, Mixed Fruit and Milk	Cheese Pizza, Corn, Pineapple and Milk
	<u>PM Snack</u>	Labor Day	Cheez-it Crackers, Raisins and 100% Apple Juice	Yogurt, Chex Cereal, Strawberries and Water/ SA: Graham Crackers, cheese sticks	Goldfish, Apple Slices and 100% Apple Juice	W.G. Turkey and Cheese Sandwiches, Seasonal Fruit and Water
<b>Week 2</b> Sept. 11 - Sept. 15	<u>Breakfast</u>	WG waffles, Applesauce and Milk	Scrambled Eggs, WG bread, mandarin oranges and Milk	French Toast, Fruit Cocktail and Milk	Cereal, Bananas and Milk	Biscuits, Turkey Sausage, Oranges and Milk
	<u>Lunch</u>	Chicken Nuggets, Mashed Potatoes, Corn, Peas and Milk	Brown Rice, Cheese with WG Tortilla, Pinto Beans, Carrots, Applesauce and Milk	WG Bread Grilled Cheese Sandwich, Peas, Peaches, and Milk	Turkey Alfredo with WG Pasta, Mixed Veggies, Mixed Fruit and Milk	Cheese Pizza, Green Beans, Pineapple and Milk
	<u>PM Snack</u>	Saltine Crackers, Sliced Cheese, Fruit Cups and Water	Cheez-it Crackers, Raisins and 100% Apple Juice	Yogurt, Chex Cereal, Strawberries and Water/ SA: Graham Crackers, cheese sticks	Goldfish, Apple Slices and 100% Apple Juice	W.G. Turkey and Cheese Sandwiches, Seasonal Fruit and Water
<b>Week 3</b> Sept. 18 - Sept. 22	<u>Breakfast</u>	WG waffles, Applesauce and Milk	Scrambled Eggs, WG bread, mandarin oranges and Milk	French Toast, Fruit Cocktail and Milk	Cereal, Bananas and Milk	Biscuits, Turkey Sausage, Oranges and Milk
	<u>Lunch</u>	Turkey Meatballs, Mashed Potatoes, Corn, Peas and Milk	Turkey, Mozzarella cheese, Brown rice Casserole, Green Beans, Peaches and Milk	WG Bread Grilled Cheese Sandwich, Carrots, Applesauce, and Milk	Chicken Nuggets, Tator Tots, Peas, Pineapple and Milk	Turkey Alfredo with WG Pasta, Mixed Veggies, Mixed Fruit and Milk
	<u>PM Snack</u>	Saltine Crackers, Sliced Cheese, Fruit Cups and Water	Cheez-it Crackers, Raisins and 100% Apple Juice	Yogurt, Chex Cereal, Strawberries and Water/ SA: Graham Crackers, Cheese Sticks	Goldfish, Apple Slices and 100% Apple Juice	W.G. Turkey and Cheese Sandwiches, Seasonal Fruit and Water
<b>Week 4</b> Sept. 25 - Sept. 29	<u>Breakfast</u>	WG waffles, Applesauce and Milk	Scrambled Eggs, WG bread, mandarin oranges and Milk	French Toast, Fruit Cocktail and Milk	Cereal, Bananas and Milk	Biscuits, Turkey Sausage, Oranges and Milk
	<u>Lunch</u>	Baked Chicken, Tater Tots, Green Beans, Peaches and Milk	Cheddar Cheese with WG Tortilla, Pinto Beans, Corn, Applesauce and Milk	Ground Turkey Marinara Sauce with WG Pasta, Mixed Veggies, Mixed Fruit and Milk	WG Bread Grilled Cheese Sandwich, Carrots, Applesauce, and Milk	Cheese Pizza, Corn, Mixed Fruit and Milk
	<u>PM Snack</u>	Saltine Crackers, Sliced Cheese, Fruit Cups and Water	Cheez-it Crackers, Raisins and 100% Apple Juice	Yogurt, Chex Cereal, Strawberries and Water/ SA: Graham Crackers, cheese sticks	Goldfish, Apple Slices and 100% Apple Juice	W.G. Turkey and Cheese Sandwiches, Seasonal Fruit and Water

\*WG = Whole Grain

\*SA= school agers

\*\*Unflavored Whole Milk will be served to students 1 years old and 1% Unflavored Milk will be served to students 2 years and older

## Vegetarian Lunch Menu

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Lunch</u>	Grilled Cheese Sandwich	Regular Menu Option	Pasta (With or Without Sauce)	Brown Rice and refried beans	Pasta with Red Sauce

\* Sides and drinks from the regular menu will be served each day.

\* Tuesday Menu items from the regular menu can all be vegetarian.