

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
Breakfast	WG Cinnamon Toast/Applesauce	Biscuits/Pears	Cereal /Juice	Cheese Toast / Banana	Blueberry Muffins/Banana	
Lunch	Fish Sticks / Ritz Crackers / Peas / Pears	BBQ Meatballs / Mashed Potatoes / Carrots / Mixed Fruit	Chicken Nuggets / Ritz Crackers / Broccoli / Peaches	Baked Ziti/ Greenbeans / Peaches	Beef and Cheese Nachos / Corn / Pineapples	
Snack	Cheese its	Fig Newtons	Chocolate Chip Cookies	Graham crackers	Animal Crackers	
4	5	6	7	8	9	10
Breakfast	No School/ Holiday	Biscuits/Pears	Cereal /Juice	Cheese Toast / Banana	Blueberry Muffins/banana	
Lunch		Spaghetti w/meat sauce / Wheat Bread / Greenbeans / Peaches	Chicken Patty Sandwich/ Peas / Mixed fruit	Ham & Cheese Macaroni / WG Wheat Bread / Greenbeans/ Peaches	Sloppy Joes on wheat bun / Tator tots / Pineapples	
Snack	No School / Holiday	Fig Newtons	Chocolate Chip Cookies	Graham crackers	Animal Crackers	
11	12	13	14	15	16	17
Breakfast	WG Cinnamon Toast/Applesauce	Biscuits/Pears	Cereal /Juice	Cheese Toast / Banana	Blueberry Muffins/ Bananas	
Lunch	Fish Sticks / Ritz Crackers / Peas / Pears	BBQ Meatballs / Mashed Potatoes / Carrots / Mixed Fruit	Chicken n' Rice Casserole / Ritz Crackers / Broccoli / Peaches	Hamburgers with Cheese/ WG buns / Tator tots/ Peaches	Beef & Cheese Tacos / Corn/ Pineapples	
Snack	Cheese its	Fig Newtons	Chocolate Chip Cookies	Graham crackers	Animal Crackers	
18	19	20	21	22	23	24
Breakfast	Cinnamon Rolls/ Apple Sauce	Biscuits/Pears	Cereal /Juice	Cheese Toast / Banana	Blueberry Muffins/banana	
Lunch	Chicken & Rice / Ritz Crackers / Broccoli / Peaches	Spaghetti w/meat sauce / WG Wheat Bread / Greenbeans / Peaches	Chicken Patty Sandwich/ Peas / Mixed fruit	Ham & Cheese Macaroni / WG Wheat Bread / Greenbeans/ Peaches	Sloppy Joes on wheat bun / Tator tots / Pineapples	
Snack	Cheese its	Fig Newtons	Chocolate Chip Cookies	Graham crackers	Animal Crackers	
25	26	27	28	29	30	1
Breakfast	WG Cinnamon Toast/Applesauce	Biscuits/Pears	Cereal /Juice	Cheese Toast / Banana	Blueberry Muffins/Banana	
Lunch	Fish Sticks / Ritz Crackers / Peas / Pears	BBQ Meatballs / Mashed Potatoes / Carrots / Mixed Fruit	Chicken Nuggets / Ritz Crackers / Broccoli / Peaches	Turkey and Cheese Roll ups/ Greenbeans / Peaches	Beef and Cheese Nachos / Corn / Pineapples	
Snack	Cheese its	Fig Newtons	Chocolate Chip Cookies	Graham crackers	Animal Crackers	

*milk/water served at all meals/snack