



2023 September

B R E A K F A S T

1- Golden Grahams (WG), Fruit

4- NO SCHOOL

5- Cereal (WG), Fruit

6- Granola Bar (WG), Fruit

7- Yogurt, Fruit

8- Muffin (WG), Fruit

11- Goldfish (WG), Fruit

12- Cereal (WG), Fruit

13- Granola Bar (WG), Fruit

14- Muffin (WG), Fruit

15- Cereal (WG), Fruit

18- Cereal (WG), Fruit

19- Nutri Grain Bar (WG), Fruit

20- Yogurt, Fruit

21- Graham Crackers (WG), Fruit

22- Cereal (WG), Fruit

25- Cereal (WG), Fruit

26- Muffin (WG), Fruit

27- Granola Bar (WG), Fruit

28- Goldfish (WG), Fruit

29- Cereal (WG), Fruit

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

***Items listed for lunch are the main entree for the day. We will be offering fruits, vegetables, and a protein item on our salad bar each day as well.**

1
Grilled Cheese (WG)
Tomato Soup
Milk (W)

2

3

4

NO SCHOOL

5

Ham
Potatoes
Milk (W)

6

Hamburger
Corn
Milk (W)

7

Chicken Pattie
Milk (W)

8

Peanut Butter
Sandwich
Chips
Milk (W)

9

10

11

Sweet & Sour
Chicken
Rice
Milk (W)

12

Mini Corn Dogs
Baked Beans
Milk (W)

13

Meatloaf
Mashed Potatoes
Milk (W)

14

English Muffin Pizza
Milk (W)

15

Cheese Omelette
Tri-Tator
Milk (W)

16

17

18

Ham & Turkey
Sandwich (WG)
Chips
Milk (W)

19

Chicken Tenders
Bread
Milk (W)

20

Pizza
Milk (W)

21

Chicken & Rice
Soup
Milk (W)

22

Fish Sticks
Fries
Milk (W)

23

24

25

Taco in a Boat
Milk (W)

26

French Toast Sticks
(WG)
Sausage
Milk (W)

27

Hot Dogs
Baked Beans
Milk (W)

28

Chicken Pattie
Milk (W)

29

Meatless Spaghetti
Cheese Stick
Milk (W)

30

