







SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Breakfast Waffles, Cuties & Milk Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk Snack Goldfish crackers & Bananas	4 Breakfast Seasonal Muffins, Watermelon & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack Ritz crackers & Orange	5 Breakfast WG Bagel, Honey Dew & Milk Lunch Beans with Brown Rice, Peas, Pears & Milk Snack Rice Krispie & Cantaloupe	6 Breakfast WG Pancakes, Cuties & Milk Lunch Mac & Cheese, Broccoli, Apples, & Milk Snack Cheeze-It & Watermelon
9 Breakfast WG Cereal, Strawberries & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & Milk Snack Gogo Squeeze Yogurt & Oranges	10 Breakfast Oatmeal, Pears & Milk Lunch Cheese Quesadilla, Cauliflower, Apples & Milk Snack String Cheese & Watermelon	11 Breakfast Seasonal Muffins, Pineapple & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk Snack Graham Crackers & Grapes	12 Breakfast Butter Croissant, Orange & Milk Lunch Lentils with Brown Rice, Tomato, Cantaloupe & Milk Snack Saltine Crackers & Apple Sauce	13 Breakfast WG Toast with Jelly, Banana & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, mix veggies & Milk Snack Granola Bars & Honey Dew
16 Breakfast WG Cereal, Banana & Milk Lunch WG Turkey Ham Sandwich, orange, cucumber & Milk Snack Animal Crackers & Golden Melon	17 Breakfast Waffles, Cuties & Milk Lunch Tuna Salad, Corn, Ritz Crackers, Honey Dew & Milk Snack Goldfish crackers & Bananas	18 Breakfast Seasonal Muffins, Watermelon & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack Ritz crackers & Orange	19 Breakfast WG Bagel, Honey Dew & Milk Lunch Beans with Brown Rice, Peas, Pears & Milk Snack Rice Krispie & Cantaloupe	20 Breakfast WG Pancakes, Cuties & Milk Lunch Mac & Cheese, Broccoli, Apples, & Milk Snack Cheeze-It & Watermelon
23 Breakfast WG Cereal, Strawberries & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & Milk Snack Gogo Squeeze Yogurt & Oranges	24 Breakfast Oatmeal, Pears & Milk Lunch Cheese Quesadilla, Cauliflower, Apples & Milk Snack String Cheese & Watermelon	25 Breakfast Seasonal Muffins, Pineapple & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk Snack Graham Crackers & Grapes	26 Breakfast Butter Croissant, Orange & Milk Lunch Lentils with Brown Rice, Tomato, Cantaloupe & Milk Snack Saltine Crackers & Apple Sauce	27 Breakfast WG Toast with Jelly, Banana & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, mix veggies & Milk Snack Granola Bars & Honey Dew
30 Breakfast WG Cereal, Banana & Milk Lunch WG Turkey Ham Sandwich, orange, cucumber & Milk Snack Animal Crackers & Golden Melon	 			

Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack
Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula
Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk
This institution is an equal opportunity provider by: USDA