

SEPTEMBER, 2019

monday	tuesday	wednesday	thursday	friday
<p>2</p> <p>CLOSED FOR HOLIDAY</p>	<p>3</p> <p>blueberry muffin diced fresh fruit 1% milk soft taco with shredded chicken, cheese and sour cream orange slices cucumber sticks ranch</p>	<p>4</p> <p>english muffin fruit preserves, orange slices 1% milk ½ turkey and cheese sandwich on whole wheat strawberries carrot sticks ranch</p>	<p>5</p> <p>diced cinnamon bread vanilla yogurt banana 1% milk grilled cheese baked fries steamed broccoli cucumber sticks ranch</p>	<p>6</p> <p>granola watermelon berries 1% milk slice cheese pizza cucumber sticks ranch mixed fruit</p>
<p>9</p> <p>cheerios bananas 1% milk penne alfredo diced chicken steamed broccoli orange slices</p>	<p>10</p> <p>wheat toast diced fruit yogurt 1% milk ground beef with tortilla chips, cheese, brown rice and sour cream sweet corn, carrots</p>	<p>11</p> <p>pancakes homefries fruit 1% milk cheese ravioli multigrain bread steamed sweet peas watermelon</p>	<p>12</p> <p>bananas kashi oats cereal 1% milk ½ ham and cheese sandwich on whole wheat cucumber sticks watermelon strawberries</p>	<p>13</p> <p>blueberry bread diced fruit 1% milk 1 slice cheese pizza cucumber sticks ranch mixed fruit</p>
<p>16</p> <p>strawberries cheerios 1% milk rigatoni marinara steamed green beans garlic bread strawberries</p>	<p>17</p> <p>cinnamon bread diced fruit 1% milk shredded chicken with brown rice, tortilla chips, sour cream, cheese cucumber sticks ranch apple slices</p>	<p>18</p> <p>granola diced fruit vanilla yogurt 1% milk ½ ham and cheese sandwich on whole wheat carrot sticks ranch bananas</p>	<p>19</p> <p>bagel cream cheese orange slices 1% milk chicken wings mashed potato sweet corn honey cornbread cantaloupe</p>	<p>20</p> <p>kashi oats cereal diced fruit 1% milk slice cheese pizza cucumber sticks ranch watermelon</p>
<p>23</p> <p>banana granola vanilla yogurt 1% milk penne marinara meatball steamed broccoli multigrain bread apple slices</p>	<p>24</p> <p>oatmeal strawberries 1% milk cheese quesadilla brown rice veggie sticks ranch orange slices</p>	<p>25</p> <p>croissant sliced ham diced fruit 1% milk 1/2 turkey and cheese sandwich on whole wheat broccoli tortilla chips orange slices</p>	<p>26</p> <p>kashi oats cereal strawberries banana 1% milk macaroni and cheese steamed sweet peas strawberries</p>	<p>27</p> <p>english muffin fruit preserves oranges 1% milk slice cheese pizza cucumber sticks ranch orange slices</p>
<p>30</p> <p>cheerios bananas 1% milk beef stroganoff beef tips egg noodles mushroom cream sauce steamed broccoli, mixed fruit</p>				



WELL-BALANCED MENUS
ARE APPROVED BY OUR NUTRITIONIST

HEALTHY AND NATURAL INGREDIENTS

NO ARTIFICIAL FLAVORS OR COLORS