

September 1 - September 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOR DAY	Mandarin Orange Cup-1/2 c. 100% Grape Juice-4 oz. W/G Apple Breakfast Bar-1 W/G Cinn. Toasters Cereal-1 oz. Milk-8 oz.	Fresh Pear-1 Whole Wheat Bagel with Cream Cheese-1 oz. Milk-8 oz.	Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.	Fresh Orange-1 W/G Fruity Cheerios-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.
6	7	8	9	10
13	14	15	16	17
Fresh Apple-1 W/G Rice Chex Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Frosted Flakes-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	Fresh Pear-1 W/G Plain Bagel with Cream Cheese-1 oz. Milk-8 oz.	NO SCHOOL	Fresh Orange-1 W/G Honey Graham Toasters Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.
20	21	22	23	24
Applesauce Cup-1/2 c. 100% Grape Juice-4 oz. Honey Scooters Cereal-1 oz. W/G Graham Crackers-3 Milk-8 oz.	Fresh Red Apple-1 W/G Blueberry Muffin-2 oz. W/G Fruit Loops-1 oz. Milk-8 oz.	Fresh Orange-1 W/G Croissant with Margarine-1 Milk-8 oz.	Fresh Pear-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	Granny Smith Apple-1 W/G Superdonut-2 oz. Milk-8 oz.
27	28	29	30	
Fresh Apple-1 W/G Trix Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	Fresh Orange-1 W/G Corn Chex Cereal-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	Fresh Pear-1 W/G Cinnamon Raisin Bagel with Cream Cheese-1 oz. Milk-8 oz.	Golden Delicious Apple-1 Strawberry Shredded Wheat Cereal-1 oz. W/G Vanilla Bear Grahams-2 Milk-8 oz.	

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6 LABOR DAY	7 Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	8 Grilled Chicken Parmigiana-3 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	9 All Beef Italian Sub-1 (Beef Bologna, Salami, and American Cheese) Fresh Baby Carrots w/ Dip-1 c. Fresh Orange-1 Milk-8 oz.	10 Wild Mike's Ultimate Cheese Pizza Slice-1 Slice Romaine Salad w/Dressing 1 1/2c Applesauce Cup 1/2c Milk-8oz
13 Chicken Fingers-3 Corn-1c Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	14 Meatballs with Sauce on a W/G Sub Roll-1 Celery Sticks W/Dip-3/4c Fresh Apple-1 Milk-8 oz.	15 Large Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	16 NO SCHOOL	17 Wild Mike's Ultimate Cheese Pizza Slice-1 Slice Sliced Cucumber w/Dip-3/4c Pudding Cup-1 Milk-8oz
20 All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4c Fresh Apple-1 Milk-8 oz.	21 Beef Nachos with Cheddar Cheese Sauce-6 oz. Celery Sticks w/ Dip-3/4 c. W/G Tortilla Scoops-1 oz. Fresh Banana-1 Milk-8 oz.	22 Turkey ans Cheese on a Potato Roll-1 Fresh Baby Carrots W/Dip-1c Fresh Orange-1 Milk-8oz	23 W/G Popcorn Chicken-3.8 oz. Corn-1c Whole Wheat Dinner Roll Diced Peach Cup-1/2 c. Milk-8 oz.	24 Wild Mike's Ultimate Cheese Pizza Slice-1 Slice Tomato Cup W/Dip-3/4c Applesauce Cup-1 Milk-8oz
27 W/G Chicken Fryz-3 oz. Green Beans-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	28 Chicken Tacos with Shredded Cheddar Cheese on a W/G 6" Soft Taco Shell-2 Black Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	29 Sun Butter and Jelly Uncrustable on Whole Grain Bread-1 100% Grape Juice-4oz Applesauce Cup-1/2c Milk-8oz	30 Macaroni and Cheese-1c Romaine Salad W/Dressing-1 1/2c Whole Wheat Roll-1 Jello Cup-1 Milk-8oz	