



September 2022

Snack and Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 AM – Trail Mix & Milk	2 AM – Raisin Bread & Milk
			Macaroni & Cheese, Broccoli, Tropical Fruit, Milk	Club Sandwiches, Baked Beans, Peaches, Milk
			PM- Ritz Bits	PM- Cauliflower Sticks & Milk
5	6	7	8	9
	AM - English Muffins & Grape Jelly	AM – Oyster Crackers & Dried Fruit	AM – Graham Crackers & Yogurt	AM – Muffins & Milk
	Ham & Cheese Wrap, Cauliflower, Pears, Milk	Cheese Pizza, Apples, Carrots, Milk	Noodles & Alfredo Sauce, Broccoli, Tropical Fruit, Milk	Hotdog on a bun, Baked Beans, Peaches, Milk
	PM – Chex Mix & 100% Juice	PM – Popcorn, 100% Juice	PM – Goldfish Crackers & Cheese Stick	PM – Sun Chips & 100% Juice
12	13	14	15	16
AM - Vanilla Wafers and Pudding	AM- Breakfast Bar & Milk	AM- Tortilla Roll up with jelly or cream cheese	AM- Yogurt & Pineapple	AM- Nutri Grain bar & Milk
Grilled Cheese, Green Beans, Bananas, milk	Corn Dog Bites, Cauliflower, Pears, Milk	Meatballs, Mashed potato & gravy, carrots, apples, Milk	Macaroni & Cheese, Broccoli, Tropical Fruit, Milk	Chicken Patty on a Bun, Baked Beans, Peaches, Milk
PM- Ritz Bits & Milk	PM -Pretzels & Milk	PM- Pancake puffs & Milk	PM- Carrots and Ranch dip	PM- No mess s'mores & Milk
19	20	21	22	23
AM -Mini bagel & Cream cheese	AM -Muffins & Milk	AM -French Toast sticks & Applesauce	AM -Cereal Bar & Milk	AM -Apple straws & dried fruit
Chicken Nuggets, Green Beans, Bananas, Milk	Fish Sticks. Cauliflower, pears, milk	Pepperoni Pizza, Carrots, Apples, Milk	Tortellini, Broccoli, Tropical Fruit, Milk	Hotdog on a bun, Baked Beans, Peaches, Milk
PM- Cheese & sausage	PM-Teddy grahams & Milk	PM- Tortilla Chips & salsa	PM- Cookies & Milk	PM-Fritos and dip
26	27	28	29	30
AM- Waffles & Applesauce	AM - Cold Cereal & Milk	AM - Biscuits & Gravy or Honey Butter	AM – Trail Mix & Milk	AM – Raisin Bread & Milk
Popcorn chicken, Green Beans, Bananas, Milk	Turkey & Cheese Sandwiches, Cauliflower, Pears, Milk	Corn Dogs, Carrots, Apples, Milk	Noodles & Alfredo, Broccoli, Tropical Fruit, Milk	Club Sandwiches, Baked Beans, Peaches, Milk
PM- Rice crispy treat & fruit snacks	PM – Veggie Straws & Raisins	PM- Goldfish Crackers	PM- Ritz Bits	PM- Cauliflower Sticks & Milk