

September 2022 Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1				1 All Sites Closed	2 All Sites Closed
Week 2	5 All Sites Closed	6 All Sites Closed	7 All Sites Closed	8 Fresh Whole Wheat Bran Muffin 100% Apple Juice 1% Low Fat Milk	9 Blueberry Yogurt Strawberries 1% Low Fat Milk
Week 3	12 Fresh Whole Wheat Croissant 100% Orange Juice 1% Low Fat Milk	13 Waffles with Syrup Bananas 1% Low Fat Milk	14 Multigrain Bagel with Cream Cheese Oranges 1% Low Fat Milk	15 Cereal: Cheerios Cantaloupe 1% Low Fat Milk	16 Morning Star Farms® Veggie Breakfast Sausage Patty/Whole Wheat Toast Kiwis 1% Low Fat Milk
Week 4	19 Whole Wheat Pancake with Syrup 100% Apple Juice 1% Low Fat Milk	20 Fresh Whole Wheat Bran Muffin Tangerines 1% Low Fat Milk	21 Whole Wheat Bagel with Cream Cheese Oranges 1% Low Fat Milk	22 French Toast Sticks with Syrup Mixed Fruit Cup 1% Low Fat Milk	23 Peach Yogurt Apples 1% Low Fat Milk
Week 5	26 Fresh Whole Wheat Croissant Peaches 1% Low Fat Milk	27 Cereal: All Bran Bananas 1% Low Fat Milk	28 Honey Wheat Bagel with Cream Cheese Cantaloupe 1% Low Fat Milk	29 Raspberry Yogurt Honeydew 1% Low Fat Milk	30 Baked Turkey Bacon, Hash Browns Whole Wheat Toast 100% Apple Juice 1% Low Fat Milk



MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS* *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)

100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCCOLI * CARROTS * ETC.



***VEGETARIAN ENTRÉE SUBSTITUTES ARE
AVAILABLE DAILY***



September 2022 Lunch Menu



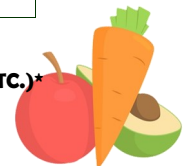
	Mon	Tue	Wed	Thu	Fri
Week 1				1 All Sites Closed	2 All Sites Closed
Week 2	5 All Sites Closed	6 All Sites Closed	7 All Sites Closed	8 Fresh Cheese Pizza Fresh Corn Watermelon 1% Low Fat Milk	9 Turkey Tacos Mixed Salad & Cheese Whole Grain Tortilla Cantaloupe 1% Low Fat Milk
Week 3	12 Toasted Whole Wheat Cheese Sandwich Spinach/Apples 1% Low Fat Milk	13 Baked Chicken Tenders Baked French Fries Whole Wheat Cornbread Oranges 1% Low Fat Milk	14 Mac & Cheese Broccoli/ Pears 1% Low Fat Milk	15 Turkey Burger on a Whole Wheat Bun Lettuce, Tomatoes, Cheese Carrots/Bananas 1% Low Fat Milk	16 Jamaican Patties Fresh Corn/Watermelon Whole Wheat Roll 1% Low Fat Milk
Week 4	19 Baked Penne Pasta Broccoli/Apples 1% Low Fat Milk	20 BBQ Baked Chicken Mashed Potatoes Carrots/Wheat Roll 1% Low Fat Milk	21 Baked Mozzarella Sticks Baked Squash Watermelon Whole Wheat Roll 1% Low Fat Milk	22 Chicken and Vegetable Brown Rice Mixed Salad/Tangerines 1% Low Fat Milk	23 Turkey Lasagna Asparagus/Pears Whole Wheat Roll 1% Low Fat Milk
Week 5	26 Fresh Cheese Pizza Spinach/ Watermelon Whole Wheat Crackers 1% Low Fat Milk	27 Rasta and Pasta String Beans Cantaloupe 1% Low Fat Milk	28 Bean and Brown Rice Bowl Baked Plantains Mixed Salad 1% Low Fat Milk	29 BBQ Baked Chicken Mashed Potatoes Broccoli/Wheat Roll 1% Low Fat Milk	30 Chicken Patties w/ Cheese Whole Wheat Bun Mixed Vegetables Pineapples 1% Low Fat Milk



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***VEGETARIAN ENTRÉE SUBSTITUTES ARE
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September 2022 Snack Menu



Week 1

Mon	Tue	Wed	Thu	Fri
			1 All Sites Closed	2 All Sites Closed

Week 2

5 All Sites Closed	6 All Sites Closed	7 All Sites Closed	8 Graham Crackers Apples	9 Whole Grain Waffle Grahams Applesauce
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Week 3

12 Whole Grain Animal Crackers Canned Apricots	13 Strawberry Yogurt Peaches	14 Whole Grain Cheez-Its Mixed Fruit Cup	15 Whole Wheat Pretzels 100% Apple Juice Banana	16 Whole Grain Waffle Grahams Applesauce
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Week 4

19 Whole Grain Animal Crackers Kiwis	20 Whole Grain Pretzels Cheese Cubes	21 Whole Grain Cheez-Its Mixed Fruit Cup	22 Graham Crackers Pears	23 Whole Grain Waffle Grahams Applesauce
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Week 5

26 Whole Grain Animal Crackers 100% Orange Juice Plums	27 Blueberry Yogurt Strawberries	28 Whole Grain Cheez-Its Mixed Fruit Cup	29 Whole Wheat Pretzels Cucumber Slices	30 Whole Grain Waffle Grahams Applesauce
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AVAILABLE DAILY***

