

# September

# 2023



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
28 Cereal Banana Milk <sup>1*</sup>	29 Chicken Sausage Patty Whole grain waffle <sup>1236</sup> Pineapple Milk <sup>1*</sup>	30 Whole Wheat Pita Bread <sup>36</sup> Provolone Cheese <sup>1</sup> Melon Milk <sup>1*</sup>	31 Oatmeal <sup>1</sup> Orange Milk <sup>1*</sup>	01 Cereal Melon Milk <sup>1*</sup>
04 <b>CLOSED</b>	05 Cereal Orange Milk <sup>1*</sup>	06 Turkey Sausage Patty Pancake <sup>1236</sup> Melon Milk <sup>1*</sup>	07 Yogurt <sup>1</sup> Banana Milk <sup>1*</sup>	08 Oatmeal <sup>1</sup> Pineapple Milk <sup>1*</sup>
11 Cereal Orange Milk <sup>1*</sup>	12 Chicken Sausage Patty Whole wheat bread <sup>36</sup> Banana Milk <sup>1*</sup>	13 Whole Wheat Pita Bread <sup>36</sup> Cream Cheese <sup>1</sup> Melon Milk <sup>1*</sup>	14 Oatmeal <sup>1</sup> Pineapple Milk <sup>1*</sup>	15 Cereal Melon Milk <sup>1*</sup>
18 Cereal Orange Milk <sup>1*</sup>	19 Turkey Sausage Patty Pancake <sup>1236</sup> Banana Milk <sup>1*</sup>	20 Yogurt <sup>1</sup> Pineapple Milk <sup>1*</sup>	21 Oatmeal <sup>1</sup> Melon Milk <sup>1*</sup>	22 Cereal Melon Milk <sup>1*</sup>
25 Cereal Orange Milk <sup>1*</sup>	26 Chicken Sausage Patty Whole grain waffle <sup>1236</sup> Pineapple Milk <sup>1*</sup>	27 Whole Wheat Pita Bread <sup>36</sup> Provolone Cheese <sup>1</sup> Melon Milk <sup>1*</sup>	28 Oatmeal <sup>1</sup> Banana Milk <sup>1*</sup>	29 Cereal Melon Milk <sup>1*</sup>

**Notes: This menu is subject to change**

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils

\*Milk: 1 yr-old children (Unflavored Whole Milk)  
2-5 yrs-old (Unflavored 1% Milk)

*This institution is an equal opportunity provider*

# Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
28 Vegetarian Chili w/ tomatoes & corn <sup>5</sup>  Brown rice  Apple Milk* <sup>1</sup>	29 Baked ww Ziti pasta w/ beef, cheese & diced tomatoes <sup>13</sup>  Cucumbers  Strawberries Milk* <sup>1</sup>	30 Chicken Legs <sup>6</sup>  Corn  Whole Wheat Roll <sup>36</sup>  Watermelon Milk* <sup>1</sup>	31 Beef Stir Fry w/ carrots <sup>6</sup>  Green Salad Barley & Quinoa <sup>3</sup> Pineapple Milk* <sup>1</sup>	01 Chicken Tinga Tacos w/ corn & tomatoes  Lettuce  Whole wheat tortilla <sup>36</sup>  Orange Milk* <sup>1</sup>
04 <b>CLOSED</b>	05 Black Beans <sup>5</sup>  Brown rice  Green Salad Apple Milk* <sup>1</sup>	06 Chicken Paella w/ green beans & peppers <sup>6</sup>  Green Salad Orange Milk* <sup>1</sup>	07 Beef Bolognesa w/ diced tomatoes  Whole wheat pasta <sup>3</sup> Melon Milk* <sup>1</sup>	08 Tofu w/ carrots & peppers <sup>6</sup>  Barley & Quinoa <sup>3</sup> Strawberries Milk* <sup>1</sup>
11 Lentils & carrots & spinach <sup>7</sup>  Brown rice Apple Milk* <sup>1</sup>	12 Beef Bolognesa w/ diced tomatoes  Whole wheat pasta <sup>3</sup> Melon Milk* <sup>1</sup>	13 Beef & corn tacos w/ tomatoes  Lettuce & cheese <sup>1</sup> Whole wheat tortilla <sup>36</sup> Pineapple Milk* <sup>1</sup>	14 Garbanzo Fried Rice w/ peas & carrots <sup>56</sup>  Cucumbers Orange Milk* <sup>1</sup>	15 Chicken Legs <sup>6</sup>  Broccoli Whole Wheat Roll <sup>36</sup> Watermelon Milk* <sup>1</sup>
18 Mac & cheese <sup>13</sup>  Green Salad Apple Milk* <sup>1</sup>	19 Beef Stir Fry w/ carrots <sup>6</sup>  Barley & Quinoa <sup>3</sup> Pineapple Milk* <sup>1</sup>	20 Black Beans <sup>5</sup>  Brown rice Green Salad Orange Milk* <sup>1</sup>	21 Chicken Lo Mein w/ vegetables <sup>36</sup>  Strawberries Milk* <sup>1</sup>	22 Chicken Legs <sup>6</sup>  Corn Whole Wheat Roll <sup>36</sup> Watermelon Milk* <sup>1</sup>
25 Vegetarian Chili w/ tomatoes & corn <sup>5</sup>  Brown rice Apple Milk* <sup>1</sup>	26 Baked ww Ziti pasta w/ beef, cheese & diced tomatoes <sup>13</sup>  Cucumbers Strawberries Milk* <sup>1</sup>	27 Beef & Bean tacos w/ tomatoes <sup>5</sup>  Lettuce Whole wheat tortilla <sup>36</sup> Orange Milk* <sup>1</sup>	28 Chicken Stir Fry w/ zucchini <sup>6</sup>  Green Salad Barley/Quinoa <sup>3</sup> Pineapple Milk* <sup>1</sup>	29 Tuna Fried Rice w/ peas & carrots <sup>46</sup>  Cucumbers Melon Milk* <sup>1</sup>

**Notes: This menu is subject to change**

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy, <sup>7</sup>Lentils

Green: Local Products

\*Milk: 1 yr-old children (Unflavored Whole Milk)

2-5 yrs-old (Unflavored 1% Milk)

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# Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
28 WW Graham Crackers <sup>36</sup> Pineapple	29 Yogurt <sup>1</sup> Melon	30 Apple Muffin <sup>1236</sup> Orange	31 WG Cheez it crackers <sup>136</sup> Strawberries	01 String Cheese <sup>1</sup> Banana
04 <b>CLOSED</b>	05 WW Graham Crackers <sup>36</sup> Pineapple	06 String Cheese <sup>1</sup> Melon	07 Pretzels <sup>36</sup> Orange	08 WW Honey Graham Crackers <sup>36</sup> Banana
11 WW Graham Crackers <sup>36</sup> Pineapple	12 Yogurt <sup>1</sup> Banana	13 String Cheese <sup>1</sup> Melon	14 WW Goldfish <sup>13</sup> Orange	15 Apple Muffin <sup>1236</sup> Melon
18 String Cheese <sup>1</sup> Banana	19 WW Graham Crackers <sup>36</sup> Pineapple	20 Pretzels <sup>36</sup> Melon	21 Apple Muffin <sup>1236</sup> Orange	22 WW Honey Graham Crackers <sup>36</sup> Melon
25 WW Graham Crackers <sup>36</sup> Pineapple	26 Yogurt <sup>1</sup> Melon	27 Apple Muffin <sup>1236</sup> Orange	28 WW Honey Graham Crackers <sup>36</sup> Strawberries	29 String Cheese <sup>1</sup> Banana

**Notes: This menu is subject to change**

<sup>1</sup>Dairy, <sup>2</sup>Egg, <sup>3</sup>Gluten, <sup>4</sup>Fish, <sup>5</sup>Beans, <sup>6</sup>Soy

# Snack