



September 2010



Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>			<p>1 Cold cereal, fruit, milk</p> <p>Scrambled eggs, baked potato & cheese with flour tortilla, fruit, milk</p> <p>Pasta salad & fruit</p>	<p>2 Bagel, fruit, milk</p> <p>Baked turkey with sweet potato, bread, fruit, milk</p> <p>Pretzels & fruit</p>	<p>3 Cold cereal, fruit, milk</p> <p>Black beans & rice with corn, fruit, milk</p> <p>Oatmeal cookies & milk</p>	4
<p>5 Fresh Fruit include: Apples Peaches Oranges Grapes Strawberries Bananas Melon Plums Pears</p>	<p>6 CLOSED Labor Day</p>	<p>7 Cold cereal, fruit, milk</p> <p>Sliced turkey with wheat bread, sliced carrots, fruit, milk</p> <p>Yogurt & fruit</p>	<p>8 Cold cereal, fruit, milk</p> <p>Cheese quesadilla with mixed veggies, fruit, milk</p> <p>Veggies & dip with whole wheat crackers</p>	<p>9 Muffin, fruit, milk</p> <p>Spaghetti & meatballs with tomato sauce, fruit, milk</p> <p>Cereal mix & fruit</p>	<p>10 Cold cereal, fruit, milk</p> <p>BBQ beans with biscuit, corn, fruit, milk</p> <p>Animal crackers & milk</p>	11
<p>12 Cold Cereals include: Cheerios Bran flakes Shredded wheat Post oat squares</p>	<p>13 Cold cereal, fruit, milk</p> <p>Chicken gravy & rice, broccoli, fruit, milk</p> <p>Muffin & fruit</p>	<p>14 Bagel, fruit, milk</p> <p>Tuna fish with wheat bread, potato salad, fruit, milk</p> <p>Cottage cheese & pretzels</p>	<p>15 Cold cereal, fruit, milk</p> <p>Refried beans & cheese with tortilla, corn, fruit, milk</p> <p>Rice cakes & fruit</p>	<p>16 Biscuit, fruit, milk</p> <p>Spanish rice with ground beef, mixed veggies, fruit, milk</p> <p>Muffin & fruit</p>	<p>17 Cold cereal, fruit, milk</p> <p>Fish sticks, green beans, fruit, milk</p> <p>Vanilla wafers & milk</p>	18
19	<p>20 Cold cereal, fruit, milk</p> <p>Bean & rice casserole with corn, fruit, milk</p> <p>Cereal mix & fruit</p>	<p>21 Muffin, fruit, milk</p> <p>BBQ chicken, black eye peas, bread, fruit, milk</p> <p>Whole wheat crackers & cheese</p>	<p>22 Cold cereal, fruit, milk</p> <p>Cheese quiche, broccoli, fruit, milk</p> <p>Fig newton's & milk</p>	<p>23 English muffin, fruit, milk</p> <p>Turkey & gravy with rice, green beans, fruit, milk</p> <p>Chips & salsa</p>	<p>24 Cold cereal, fruit, milk</p> <p>Mac & cheese with peas, fruit, milk</p> <p>Strawberry shortcake</p>	25
26	<p>27 Cold cereal, fruit, milk</p> <p>Chicken nuggets, corn, fruit, milk</p> <p>Muffin & fruit</p>	<p>28 Bagel, fruit, milk</p> <p>Sliced turkey on whole wheat, mixed veggies, fruit, milk</p> <p>Fruit & cheese</p>	<p>29 Cold cereal, fruit, milk</p> <p>Beef sloppy joe with bread, mashed potatoes, fruit, milk</p> <p>Rice cakes & fruit</p>	<p>30 Muffin, fruit, milk</p> <p>Red beans and rice, sliced carrots, fruit, milk</p> <p>Soy butter with wheat bread</p>		