



# September 2017



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 Dry cereal, fruit, milk</p> <p>Black beans &amp; rice, corn, fruit, milk</p> <p>Bran muffin &amp; milk</p>	2
<p>Fresh Fruit includes: Apples Peaches Oranges Grapes Strawberries Bananas Melon Plums Pears Others</p>	<p>4</p> <p><b>CLOSED Labor Day</b></p>	<p>5 Oatmeal, fruit &amp; milk</p> <p>Whole wheat cheese subs with fruit &amp; milk</p> <p>Yogurt &amp; fruit</p>	<p>6 Dry cereal, fruit, milk</p> <p>Hummus &amp; pita with a garden salad, fruit, milk</p> <p>Goldfish &amp; fruit</p>	<p>7 Bagel, fruit, milk</p> <p>Chicken cacciatore with fruit &amp; milk</p> <p>Cereal mix &amp; fruit</p>	<p>8 Dry cereal, fruit, milk</p> <p>Sunflower butter on whole wheat, corn, fruit, milk</p> <p>Graham crackers &amp; milk</p>	9
<p>Dry Cereals include name and generic brand: Cheerios Chex Life Rice Krispies Kix Others</p>	<p>11 Dry cereal, fruit, milk</p> <p>Chicken gravy with biscuits, black eyed peas, fruit, milk</p> <p>Yogurt &amp; fruit</p>	<p>12 Bagel, fruit, milk</p> <p>Quiche Lorraine with a Caesar Salad, fruit &amp; milk</p> <p>Crackers &amp; Cheese</p>	<p>13 Dry cereal, fruit, milk</p> <p>Refried beans &amp; cheese with tortilla, guacamole, fruit &amp; milk</p> <p>Rice cakes &amp; fruit</p>	<p>14 Oatmeal, fruit, milk</p> <p>Spanish rice with fruit &amp; milk</p> <p>Milk &amp; fruit</p>	<p>15 Dry cereal, fruit, milk</p> <p>Sliced turkey on whole wheat w/ lettuce &amp; tomato, fruit, milk</p> <p>Corn bread and milk</p>	16
17	<p>18 Dry cereal, fruit, milk</p> <p>Sunflower butter on whole wheat bread, sweet potatoes, fruit, milk</p> <p>Pretzels &amp; fruit</p>	<p>19 Bagel, fruit, milk</p> <p>BBQ chicken with pasta salad and fresh veggies, fruit &amp; milk</p> <p>Cereal mix &amp; fruit</p>	<p>20 Dry cereal, fruit, milk</p> <p>Cheese quesadillas, black beans &amp; corn, fruit, milk</p> <p>Graham crackers &amp; milk</p>	<p>21 Oatmeal, fruit, milk</p> <p>Beef Stroganoff, green beans, fruit, milk</p> <p>Soft pretzels &amp; fruit</p>	<p>22</p> <p><b>CLOSED IC3 In-Service Training</b></p>	23
24	<p>25 Dry cereal, fruit, milk</p> <p>Cheese pizza, broccoli, fruit, milk</p> <p>Sunflower butter &amp; crackers</p>	<p>26 Oatmeal, fruit, milk</p> <p>Vegetarian Chili w/ French bread, fresh fruit, milk</p> <p>Rice cakes &amp; fruit</p>	<p>27 Dry cereal, fruit &amp; milk</p> <p>Pasta and Meat sauce with garden salad, fruit &amp; milk</p> <p>Fruit &amp; Goldfish crackers</p>	<p>28 Bagel, fruit &amp; milk</p> <p>BBQ chicken, potato salad, fruit &amp; milk</p> <p>Crackers &amp; cheese</p>	<p>29 Dry cereal, fruit &amp; milk</p> <p>Sun butter on whole wheat, green beans, fruit &amp; milk</p> <p>Bran muffin &amp; milk</p>	30

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