

September 1 - September 30

## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>LABOR DAY</b>	7 Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	8 Diced Pear Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.	9 Fresh Orange-1 Honey Graham Toasters Crl-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	10 Cherry Craisins-1/2 c. 100% Orange/Tang. Juice-4 oz. Strawberry Shredded Wheat Crl-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.
14 Fresh Orange-1 W/G Alphabets Cereal-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	15 Mixed Fruit Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Cranberry Muffin-2 oz. W/G Trix Cereal-1 oz. Milk-8 oz.	16 Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	17 Fresh Apple-1 Honey Scooters Cereal-1 oz. W/G Strwbry Waffle Grahams-2 Milk-8 oz.	18 Fresh Pear-1 W/G Superdonut-2 oz. Milk-8 oz.
21 Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice-4 oz. W/G Corn Chex Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	22 Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. W/G Rice Krispies-1 oz. W/G Pineapple Muffin-2 oz. Milk-8 oz.	23 Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	24 Fresh Orange-1 W/G Cinn. Toasters Cereal-1 oz. W/G Maple Waffle Grahams-2 Milk-8 oz.	26 Diced Pear Cup-1/2 c. W/G Multigrain Cheerios-1 oz. W/G Corn Muffin-2 oz. Milk-8 oz.
<b>CLOSED</b>	28 Fresh Orange-1 W/G Alphabets Cereal-1 oz. W/G Blueberry Muffin-2 oz. Milk-8 oz.	30 Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>LABOR DAY</b>	8	9	10	11
7	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a W/G Hot Dog Bun-1 Green Beans-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Cheese Lasagna with Meat Sauce-3.5 oz. Broccoli Florets-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.
14	15	16	17	18
W/G Chicken Fingers-3 Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	Beef Tacos with Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.	All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	Grilled BBQ Chicken Bites-4 Sliced Carrots-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-3/4 c. Milk-8 oz.	Tony's Pizza-5 oz. Fresh Broccoli Florets w/ Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
21	22	23	24	25
Grilled Chicken Parmigiana-3 oz Diced Carrots-3/4 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	W/G Chicken Fryz-4 Green Beans-3/4 c. Rasp. Lemonade Craisins-3/4 c. Whole Wheat Dinner Roll Milk-8 oz.	Baked Ziti-5 oz. Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.
28	29	30		
<b>CLOSED</b>	Spaghetti and Beef Meatballs-6 oz. Green Beans-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz.	Grilled Chicken Tacos with Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Strawberry Craisins-1/2 c. Milk-8 oz.		