

September 2022 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				1 Muffins (1/2), Yogurt (1/3C), Milk (4oz)	2 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch				Food From Home	Food From Home
PM Snack				Veggie Crackers w/ cream cheese(1), Juice (3/4C)	Animal Crackers (5), Yogurt (1/3C) and water
Breakfast	5	6 Granola (1/2) Yogurt (1/3C), Fruit (1/2C), Juice (4oz)	7 Bagels w/cream cheese (1), Milk (3/4C)	8 French Toast Sticks (2), Fruit (1/2C), Milk (6oz)	9 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	SCHOOL CLOSED	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack		Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Apple Slices, Yogurt (1/3C) and water	Wheat Thins w/Cream Cheese (5), Fruit (1/2C) and Juice (3/4C)	Cucumbers w/ranch (4),Fruit (1/3C), Juice (3/4C)
Breakfast	12 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	13 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	14 Pancakes (1), Fruit (1/2C), Juice (4oz)	15 Waffle Sticks(2), Fruit (1/2C), Milk (6oz)	16 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	GoldFish Crackers ,Fruit and water (3/4C)	Cheez-Its (14pcs), Fruit (1/2C), Juice (3/4C)	Cucumbers w/ranch (4),Fruit (1/3C), Juice (3/4C)	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Animal Crackers, Fruit (1/3C) and milk (3/4C)
Breakfast	19 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	20 Bagels w/cream cheese(1), Juice(3/4C)	21 Waffle Sticks(2), Fruit (1/2C), Milk (6oz)	22 French Toast Sticks (2), Fruit (1/2C), Milk (6oz)	23 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Ritz Crackers (4), American Cheese (1 slice), Juice (3/4C)	Cucumber w/ranch (4),Fruit (1/3C), Juice (3/4C)	Graham Crackers w/Cream Cheese (5), Fruit (1/2C) and Juice (3/4C)	Aniaml Crackers (8pcs), Milk (6oz)	Nilla Wafers (8),Fruit (1/3C), Juice (3/4C)
Breakfast	26 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)	27 French Toast Sticks (2), Fruit (1/2C), Milk (6oz)	28 Quesadillas (1/2), Fruit (1/2C), Juice (4oz)	29 Pancakes (1), Fruit (1/2C), Juice (4oz)	30 ***Cereal (1/3C), Fruit (1/2C), Milk (6oz)
Lunch	Food From Home	Food From Home	Food From Home	Food From Home	Food From Home
PM Snack	Cheez-Its (14pcs), Juice (3/4C)	Wheat Thins w/Cream Cheese (5), Fruit (1/2C) and Juice (3/4C)	GoldFish Crackers ,Fruit (1/3C)and water (3/4C)	Cucumbers w/ranch (4),Fruit (1/3C), Juice (3/4C)	Grahams w/cream cheese (1), Juice(3/4C)

Cereals we serve include: Kix, Crispix, Golden Grahams, and Rice Krispies.