

September/October 2015

	Monday Sept. 14	Tuesday Sept. 15	Wednesday Sept. 16	Thursday Sept. 17	Friday Sept. 18
Breakfast	Rice Krispies Blueberries Milk	Muffins Strawberries Milk	Oatmeal Bars Pears Milk	Waffles Applesauce Milk	Cheerios Bananas Milk
Lunch	Egg & Cheese Burrito on w/w Tortilla Spinach Salad Peaches Milk	Black Bean Tacos Lettuce, Salsa, Cheese Tex-Mex Corn Cantaloupe Milk	TVP Cheesy Chili Mac Green Beans Grapes Milk	Grilled Cheese w/ Tomato on w/w Peas Pineapple Milk	Curried Chic Peas Brown Rice Roasted Broccoli Mandarins Milk
3pm Snack	Carrots & Celery w/ Cream Cheese Dip Water	Graham Crackers Applesauce Water	Club Crackers Oranges Water	Pita Slices Hummas Water	Animal Crackers Pear Sauce Water

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	Monday Sept. 21	Tuesday Sept. 22	Wednesday Sept. 23	Thursday Sept. 24	Friday Sept. 25
Breakfast	Corn Flakes Pears Milk	Banana Bread Peaches Milk	Oatmeal Bananas Milk	English Muffin / Jelly Oranges Milk	Rice Chex Blueberries Milk
Lunch	Egg Salad on w/w Bread Potato Salad Grapes Milk	Cuban Black Beans Brown Rice Baby Carrots Apricot Milk	Macaroni & Cheese Green Beans Apples Milk	Nachos w/ TVP Beans, Cheese, Salsa Corn Mango Milk	Veggie & Cheese Pizza Salad w/ Carrot & Tomato Pears Milk
3pm Snack	Pretzels Cheddar Cubes Water	Club Crackers Apricots Water	Granola Bars Pears Water	String Cheese Watermelon Water	Goldfish Crackers Oranges Water

	Monday Sept. 28	Tuesday Sept. 29	Wednesday Sept. 30	Thursday Oct. 1	Friday Oct. 2
Breakfast	Biscuits w/ Jam Peaches Milk	Oatmeal Bars Apricot Milk	Cheerios Blueberries Milk	French Toast Bananas Milk	Rice Krispies Strawberries Milk
Lunch	Veggie Lasagna w/ Cheese Green Beans Pears Milk	TVP Tacos Lettuce, Salsa, Cheese Spinach Salad Melon Milk	Cheese Tortellini w/ Marinara Roasted Cauliflower Pineapple Milk	Grilled Cheese Tomato Soup Broccoli Apples Milk	Cajun Red Beans Brown Rice Mango Mixed Vegetables Milk
3pm Snack	Ritz Yogurt Water	Muffins Applesauce Water	Pretzels w/ Cheese Dip Oranges Water	Cinnamon Toast Grapes Water	Graham Crackers Peaches Water

	Monday Oct. 5	Tuesday Oct. 6	Wednesday Oct. 7	Thursday Oct. 8	Friday Oct. 9
Breakfast	Rice Chex Apricots Milk	Bagels & Cream Cheese Peaches Milk	Oatmeal Strawberries Milk	Pancakes Blueberries Milk	Corn Flakes Bananas Milk
Lunch	3 Bean Chili w/ Cheese Bread Sticks Roasted Carrots Mango Milk	Veggie Burgers w/ Cheese on Slider Rolls Tater Tots Oranges Milk	Asian Capellini Hard Boiled Eggs Peas Mandarin Oranges Milk	Baked Beans Roasted Potatoes Biscuits Pineapple Milk	Bean "Fajitas" w/ Bell Pepper & Corn Flour Tortillas Mixed Fruit Salad Milk
3pm Snack	Ritz String Cheese Water	Granola Oat Bars Pineapple Water	Goldfish Crackers Carrots & Hummus Water	Tortilla Chips & Bean Dip Grapes Water	Animal Crackers Pineapple Water

	Monday Oct. 12	Tuesday Oct. 13	Wednesday Oct. 14	Thursday Oct. 15	Friday Oct. 16
Breakfast	French Toast Pears Milk	Rice Krispies Strawberries Milk	Cinnamon Scones Peaches Milk	Cheerios Bananas Milk	Oat Muffins Blueberries Milk
Lunch	Refried Bean & Cheese Burritos Corn Peaches Milk	Cheesy Pesto Pasta Green Beans Oranges Milk	Baked Ziti w/ TVP & Marinara Broccoli Applesauce Milk	Red Beans & Rice Corn Mixed Fruit Milk	Cheese Pizza Peas Pineapple Milk
3pm Snack	Cottage Cheese Pineapple Water	Pretzels Apples Water	Wheat Thins Sliced Cheese Water	Animal Crackers Applesauce Water	Hard Boiled Eggs Carrots w/ Ranch Water

	Monday Oct. 19	Tuesday Oct. 20	Wednesday Oct. 21	Thursday Oct. 22	Friday Oct. 23
Breakfast	Rice Chex Peaches Milk	Biscuits w/ Jam Apricots Milk	French Toast Strawberries Milk	Corn Flakes Blueberries Milk	English Muffins Bananas Milk
Lunch	Cheesy Spaghetti Carrots Apples Milk	Baked Beans Potato Salad Bread Sticks Oranges Milk	Mexican Black Beans Tortilla Chips Corn Pears Milk	Vegetable Lasagna Green Beans Pineapple Spinach Salad w/ Ranch Milk	Buttery Bowties String Cheese Peas Applesauce Milk
3pm Snack	Graham Crackers Pears Water	Saltines Apples Water	Ritz Crackers Cheddar Cubes Water	Goldfish Yogurt Water	Club Crackers Oranges Water