

Menus subject to change based on availability  
None of our entrees contain pork nor beef. All milk is Organic and Unflavored.

\*\*\* = Food Contains Eggs

(V) = Vegetarian Entrée

(D) = Food Contains Dairy



## SEPTEMBER INFANT TODDLER BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> V- 1/2 WG English Muffin 1 Egg Patty *** 1/4 cup diced Apples 4oz Whole Milk (D)	<b>2</b> 1 WG Waffles (D)*** W/ 2 tsp Pear puree 1 pc Turkey Bacon 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>3</b> 1 Orange Blossom Muffin (D)(G) *** 1/4 cup diced fresh Honeydew 4oz Whole Milk (D)
<b>6</b>  <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 1 WG Pancake (D) *** w/ 2 tsp Pear puree 1 pc Turkey Bacon V- 1 Egg Patty *** 1/4 cup diced fresh Pineapple 4oz Whole Milk (D)	<b>8</b> V- 2 tbsp. Homemade WG Granola (D) 1/4 cup Vanilla Yogurt (D) 1/4 cup diced Apples 4oz Whole Milk (D)	<b>9</b> 2 Potato Pancakes (D)*** 2 tsp Applesauce 1/2 pc Turkey Sausage V- 1 Egg Patty *** 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>10</b> 1 Apple Spice Muffin (D)(G) *** 1/4 cup diced fresh Honeydew 4oz Whole Milk (D)
<b>13</b> 1/3 cup Toasted Oats (G) 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>14</b> 1 WG Waffles (D)*** W/ 2 tsp Pear puree 1/2 Turkey Sausage V- 1 Egg Patty *** 1/4 cup diced fresh Pineapple 4oz Whole Milk (D)	<b>15</b> 1 Mini Bagel (G) 1 tbsp. Cream Cheese 1/2 cup diced Apple 4oz Whole Milk (D)	<b>16</b> 1 WG Biscuits 1 pc Turkey Bacon V- 1 Egg Patty *** 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>17</b> 1 Blueberry Muffin (D)(G) *** 1/4 cup diced Honeydew 4oz Whole Milk (D)
<b>20</b> 1/3 cup Corn Flakes 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>21</b> 1 WG Pancake (D) *** w/ 2 tsp Pear puree 1 pc Turkey Bacon V- 1 Egg Patty *** 1/4 cup diced fresh Pineapple 4oz Whole Milk (D)	<b>22</b> 1/2 WG Biscuit (D) (G) 1/2 Turkey Sausage 1/2 sl. American Cheese (D) V- 1/2 a Cheese Biscuit (D) (G) 1/2 cup diced Apple 4oz Whole Milk (D)	<b>23</b> 1 Mini Bagel 1 tbsp. Cream Cheese (D) 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>24</b> 1 Lemon Poppy Muffin (D)(G) *** 1/4 cup diced Honeydew 4oz Whole Milk (D)
<b>27</b> 1/3 cup Toasted Oats (G) 1/4 cup Mandarin oranges 4oz Whole Milk (D)	<b>28</b> 2 WG French Toast Sticks (D) *** 1/2 Turkey Sausage V- 1 Egg Patty *** 1/4 cup diced fresh Pineapple 4oz Whole Milk (D)	<b>29</b> V- 1/2 WG English Muffin 1 Egg Patty *** 1/4 cup diced Apples 4oz Whole Milk (D)	<b>30</b> 1 WG Waffles (D)*** W/ 2 tsp Pear puree 1 pc Turkey Bacon 1/4 cup Mandarin oranges 4oz Whole Milk (D)	



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## SEPTEMBER INFANT TODDLER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 1 tsp. Tomato Ketchup 1/4 cup Green & Yellow Beans 1/4 cup diced Fresh Honeydew 4oz Whole Milk	<b>2</b> 1/4 cup Turkey Chili <b>V</b> - 1/4 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) 1/4 cup diced 4 Veggie Blend 1/4 cup diced Fresh Watermelon 4oz 1% milk	<b>3</b> <b>V</b> – 1/4 cup Vegetarian Burrito Bowl 1 TB Cheddar Cheese 1 WG Tortilla (G) 1/4 cup Green Beans & Diced Carrots 1/4 cup diced Fresh Fruit Salad 4oz Whole Milk
<b>6</b>  <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 3 BBQ Meatballs (D)(G)*** <b>V</b> - 1/3 cup BBQ Veggie Crumbles On 1 Whole Grain Bun (D) *** 1/4 cup Peas & Carrots 1/2 fresh Banana 4oz 1% milk	<b>8</b> 1/4 cup Southwest Chicken Black Bean Bowl (D) <b>V</b> – 1/3 cup Southwest Tofu 1/4 cup Broccoli & Cauliflower 1/4 cup diced Fresh Cantaloupe 4oz 1% milk	<b>9</b> 1/4 cup Chicken Fajitas <b>V</b> – 1/4 Tofu Verde 2 tbsp. Mozzarella Cheese (D) 1 WG Tortilla (G) 1/4 cup diced 6 Veggie Blend 1/4 cup diced Fresh Watermelon 4oz 1% milk	<b>10</b> <b>V</b> – 1/2 cup WG Mac N’ Cheese (D) 1/4 cup Green Beans & Diced Carrots 1/4 cup diced Fresh Fruit Salad 4oz 1% milk
<b>13</b> 1/3 cup Roasted Chicken Non-Noodle Soup <b>V</b> – 1/3 cup Tofu Chicken Noodle Non-Soup 1/4 cup Broccoli & Cauliflower 1 pc WG Ciabatta Bread (G) 1/4 cup diced apples 4oz Whole Milk	<b>14</b> 1/3 cup Chicken and Rice Stir- Fry <b>V</b> – 1/3 cup Tofu and Rice Stir- Fry 1/4 cup Green & Yellow Beans 1/2 Fresh Banana 4oz Whole Milk	<b>15</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 1 tsp. Tomato Ketchup 1/4 cup Peas & Carrots 1/4 cup diced Fresh Honeydew 4oz Whole Milk	<b>16</b> 1/4 cup Italian Chicken Chili <b>V</b> - 1/4 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) 1/4 cup diced 4 Veggie Blend 1/4 cup diced Fresh Watermelon 4oz 1% milk	<b>17</b> 1/4 cup BBQ Chicken <b>V</b> – 1/4 cup BBQ Tofu On 1 Whole Grain Bun (D) *** 1/4 cup Green Beans & Diced Carrots 1/4 cup diced Fresh Fruit Salad 4oz 1% milk
<b>20</b> 1/2 cup Chicken and Parmesan Cheese WG Noodles (D) <b>V</b> – 1/2 cup Tofu and Parmesan Cheese WG Noodles (D) 1/4 cup Green & Yellow Beans 1 pc WG Ciabatta Bread (G) 1/4 cup diced apples 4oz Whole Milk	<b>21</b> 1/4 cup Turkey Picadillo Taco <b>V</b> - 1/4 cup Salsa Veggie Crumbles 1 tbsp. Cheddar Cheese (D) 1 WG Flour Tortilla (G) 1/4 cup Peas & Carrots 1/2 Fresh Banana 4oz Whole Milk	<b>22</b> 1/4 cup WG Rotini Roasted Tomato Sauce w/Chicken Sausage <b>V</b> – 1/4 cup Organic Tomato Tofu 1/4 cup Green & Yellow Beans 1/4 cup diced Fresh Cantaloupe 4oz milk	<b>23</b> 1 pc Chicken for Sliders (G) On 1 Whole Grain Bun (D) *** 2 tsp. Tomato Ketchup 1/4 cup diced 4 Veggie Blend 1/4 cup diced Fresh Watermelon 4oz 1% milk	<b>24</b> <b>V</b> - 1/2 Whole Grain Garlic Cheese Pizza Bread (D) 1/4 cup Green Beans & Diced Carrots 1/4 cup diced Fresh Fruit Salad 4oz 1% milk
<b>27</b> <b>V</b> – 1/2 cup Tri Color Tortellini in Olive Oil (D) *** 1/4 cup Broccoli & Cauliflower 1 pc WG Ciabatta Bread (G) 1/4 cup diced apples 4oz Whole Milk	<b>28</b> 1/3 cup Philly Chicken (D) <b>V</b> - 1/3 cup Philly Veggie Crumbles 2 tbsp. Mozzarella Cheese (D) On 1 Whole Grain Bun (D) *** 1/4 cup Peas & Carrots 1/2 Fresh Banana 4oz 1% milk	<b>29</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 1 tsp. Tomato Ketchup 1/4 cup Green & Yellow Beans 1/4 cup diced Fresh Honeydew 4oz Whole Milk	<b>30</b> 1/4 cup Turkey Chili <b>V</b> - 1/4 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) 1/4 cup diced 4 Veggie Blend 1/4 cup diced Fresh Watermelon 4oz 1% milk	



# SEPTEMBER INFANT TODDLER SNACK MENU

P.M.  
Evening  
Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D) 1/3 cup animal crackers 1/4 cup mandarin oranges	<b>2</b> 1/4 cup Vanilla Yogurt (D) 1/2 fresh Banana 1 string cheese (D) 1/4 cup diced Apple	<b>3</b> 1 pc Pretzel Bread 1/4 cup diced Apple 1/2 fresh Banana 1/2 cup WG Black Bean Veggie Crisps (D)
<b>6</b> <b>Closed for Labor Day</b>	<b>7</b> 1 Mini Bagel (G) 1 tbsp. Cream Cheese (D) 1/4 cup diced Peaches	<b>8</b> 1/2 Homemade Blueberry Snack Bread (D) (G) *** 4oz. 1% Milk (D)	<b>9</b> 1/4 cup Kids Mix (D) (G) 1/2 fresh Banana	<b>10</b> 4 WG Sweet Potato Grahams (G) 1/4 cup diced Apple
	1 string cheese (D) 1/2 cup WG Black Bean Veggie Crisps (D)	1 Pc WG Graham Square 1/4 cup diced Apple	1 string cheese (D) 1/4 cup mandarin oranges	4 Ritz Crackers 1/2 fresh Banana
<b>13</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D)	<b>14</b> 1/3 cup Animal Crackers (G) 1/4 cup diced peaches	<b>15</b> 1/3 Toasted Oats (G) 1/4 cup Vanilla Yogurt (D)	<b>16</b> 1 Pc Pretzel Bread (G) 1 Slice American Cheese (D) 1/2 fresh Banana	<b>17</b> 4 Club Crackers (G) 1/4 cup diced Apple
1 Pc WG Graham Square 1/4 cup diced Apple	4 Ritz Crackers 1 String Cheese (D)	1/3 cup animal crackers 1/4 cup mandarin oranges	1 string cheese (D) 1/4 cup diced Apple	1/2 fresh Banana 1/2 cup WG Black Bean Veggie Crisps (D)
<b>20</b> 5 Pretzel Twists (G) 1 String Cheese (D)	<b>21</b> 1/4 cup Kids Mix (D) (G) 1/4 cup diced Peaches	<b>22</b> 1/2 slice Apple Spice Bread (D) (G) *** 4 oz. Whole Milk (D)	<b>23</b> 1/3 cup Animal Crackers (G) 1/2 Fresh Banana	<b>24</b> 4 WG Sweet Potato Grahams (G) 1/4 cup diced Apple
1/3 cup animal crackers 1/4 cup mandarin oranges	1 string cheese (D) 1/2 cup WG Black Bean Veggie Crisps (D)	1 Pc WG Graham Square 1/4 cup diced Apple	1 string cheese (D) 1/4 cup mandarin oranges	4 Ritz Crackers 1/2 fresh Banana
<b>27</b> 4 Saltine Crackers (G) 1 sl America Cheese (D) 1 Pc WG Graham Square 1/4 cup diced Apple	<b>28</b> 1/2 Blueberry Muffin Top (D) (G) 1/4 cup diced Peaches 4 Ritz Crackers 1 String Cheese (D)	<b>29</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D) 1/3 cup animal crackers 1/4 cup mandarin oranges	<b>30</b> 1/4 cup Vanilla Yogurt (D) 1/2 fresh Banana 1 string cheese (D) 1/4 cup diced Apple	

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## SEPTEMBER PRESCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 1/2 WG English Muffin (G) 1 Egg Patty *** 1/2 fresh Apple 6oz 1% Milk (D)	<b>2</b> 1 WG Waffle (D) (G) *** 2 tsp Applesauce 1 Turkey Bacon v- 1 Egg Patty *** 1/2 fresh Orange 6oz 1% Milk (D)	<b>3</b> 1 Orange Blossom (D)(G) *** 1/4 cup Cantaloupe 6oz 1% Milk (D)
<b>6</b>  <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 1 WG Pancake (D)*** (G) w/ 2 tsp pear puree 1 pc Turkey Bacon v- 1 Egg Patty *** 1/4 cup Fresh Pineapple 6oz 1% Milk (D)	<b>8</b> 2 tbsp. Homemade WG Granola (D) 1/4 cup Vanilla Yogurt (D) 1/2 fresh Apple 6oz 1% Milk (D)	<b>9</b> 2 Potato Pancakes (D)*** 2 tsp. Applesauce 1/2 pc Turkey Sausage v- 1 Egg Patty *** 1/2 fresh Orange 6oz 1% Milk (D)	<b>10</b> 1 Apple Spice Muffin (D)(G) *** 1/4 cup Honeydew 6oz 1% Milk (D)
<b>13</b> 1/3 cup Toasted Oats (G) 1/2 fresh Orange 6oz 1% Milk (D)	<b>14</b> 1 WG Waffles (D)*** (G) W/ 2 tsp Pear puree 1/2 Turkey Sausage v- 1 Egg Patty *** 1/4 cup fresh Pineapple 6oz 1% Milk (D)	<b>15</b> 1 Mini Bagel (G) 1 tbsp. Cream Cheese 1/2 fresh Apple 6oz 1% Milk (D)	<b>16</b> 1/2 WG Biscuit (G) 1 pc Turkey Bacon v- 1 Egg Patty *** 1/2 fresh Orange 6oz 1% Milk (D)	<b>17</b> 1 Apple Spice Muffin (D)(G) *** 1/4 cup Honeydew 6oz 1% Milk (D)
<b>20</b> 1/3 cup Corn Flakes (G) 1/2 fresh Orange 6oz 1% Milk (D)	<b>21</b> 1 WG Pancake (D)*** (G) w/ 2 tsp pear puree 1 pc Turkey Bacon v- 1 Egg Patty *** 1/4 cup Fresh Pineapple 6oz 1% Milk (D)	<b>22</b> 1/2 WG Biscuit (D) (G) 1/2 Turkey Sausage 1/2 sl. American Cheese (D) v- 1/2 a Cheese Biscuit (D) (G) 1/2 fresh Apple 6oz 1% Milk (D)	<b>23</b> 1 Mini Bagel (G) 1 tbsp. Cream Cheese 1/2 fresh Orange 6oz 1% Milk (D)	<b>24</b> 1 Blueberry Muffin (D)(G) *** 1/4 cup Cantaloupe 6oz 1% Milk (D)
<b>27</b> 1/3 cup Toasted Oats (G) 1/2 fresh Orange 6oz 1% Milk (D)	<b>28</b> 2 French Toast Sticks (D)*** (G) 1/2 Turkey Sausage v- 1 Egg Patty *** 1/4 cup Fresh Pineapple 6oz 1% Milk (D)	<b>29</b> 1/2 WG English Muffin (G) 1 Egg Patty *** 1/2 fresh Apple 6oz 1% Milk (D)	<b>30</b> 1 WG Waffle (D) (G) *** 2 tsp Applesauce 1 Turkey Bacon v- 1 Egg Patty *** 1/2 fresh Orange 6oz 1% Milk (D)	

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# SEPTEMBER PRESCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 2 tsp. Tomato Ketchup 1/4 cup Green & Yellow Beans 1/4 cup Fresh Honeydew 6oz 1% milk	<b>2</b> 1/3 cup Turkey Chili <b>V</b> -1/3 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) (G)*** 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>3</b> <b>V</b> – 1/2 cup Vegetarian Burrito Bowl 2 tbsp Cheddar Cheese (D) On 1 Whole Grain Bun (G) 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>6</b> <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 3 BBQ Meatballs (D)*** <b>V</b> - 1/3 cup BBQ Veggie Crumbles On 1 Whole Grain Bun (G) 1/4 cup Peas & Carrots 1/2 fresh Banana 6oz 1% milk	<b>8</b> <b>V</b> – 3/4 cup WG Mac N' Cheese (D) 1/4 cup Broccoli & Cauliflower 1/4 cup Fresh Cantaloupe 6oz milk	<b>9</b> 1/3 cup Chicken Fajitas <b>V</b> – 1/3 Tofu Verde 2 tbsp. Mozzarella Cheese (D) 1 WG Tortilla 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>10</b> <b>V</b> -3/4 cup WG Mac N' Cheese (D) 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>13</b> 1/2 cup Roasted Chicken Noodle Non- Soup <b>V</b> – 1/2 cup Tofu Chicken Noodle Non-Soup 1/4 cup Broccoli & Cauliflower 1 pc WG Parkerhouse Roll (G) 1/2 Fresh Apple 6oz 1% milk	<b>14</b> 1/3 cup Chicken and Rice Stir-Fry <b>V</b> – 1/3 cup Tofu and Rice Stir-Fry 1/4 cup Green & Yellow Beans 1/2 Fresh Banana 6oz 1% milk	<b>15</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 2 tsp. Tomato Ketchup 1/4 cup Peas & Carrots 1/4 cup Fresh Honeydew 6oz 1% milk	<b>16</b> 1/3 cup Italian Chicken Chili <b>V</b> -1/3 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) *** 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>17</b> 1/3 cup BBQ Chicken <b>V</b> – 1/3 cup BBQ Tofu On 1 Whole Grain Bun (G) 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>20</b> 1/3 cup Chicken and Parmesan Cheese WG Noodles (D) <b>V</b> – 1/3 cup Tofu and Parmesan Cheese WG Noodles (D) 1/4 cup Green & Yellow Beans 1 pc WG Parkerhouse Roll (G) 1/2 Fresh Apple 6oz 1% milk	<b>21</b> 1/3 cup Turkey Picadillo Taco <b>V</b> - 1/3 cup Salsa Veggie Crumbles 2 tbsp. Cheddar Cheese (D) 1 WG Flour Tortilla (G) 1/4 cup Peas & Carrots 1/2 Fresh Banana 6oz 1% milk	<b>22</b> <b>V</b> – 3/4 cup WG Mac N' Cheese (D) 1/4 cup Peas & Carrots 1/4 cup Broccoli & Cauliflower 1/4 cup Fresh Cantaloupe 6oz milk	<b>23</b> 1/3 cup Chicken for Sliders (G) 1 WG Burger Bun (D) (G) 2 tsp. Tomato Ketchup 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>24</b> <b>V</b> -1/2 Whole Grain Garlic Cheese Pizza Bread (D) (G) 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>27</b> <b>V</b> – 1/3 cup Cheese Tri Color Tortellini in Olive Oil (D) 1/4 cup Broccoli & Cauliflower 1 pc WG Parkerhouse Roll (G) 1/2 Fresh Apple 6oz 1% milk	<b>28</b> 1/3 cup Chicken Philly for Sliders On 1 Whole Grain Bun (G) 2 tbsp. Mozzarella Cheese (D) 1/4 cup Peas & Carrots 1/2 Fresh Banana 6oz 1% milk	<b>29</b> 3 Chicken Bites (G) <b>V</b> – 3 Veggie Bites (G) 2 tsp. Tomato Ketchup 1/4 cup Green & Yellow Beans 1/4 cup Fresh Honeydew 6oz 1% milk	<b>30</b> 1/3 cup Turkey Chili <b>V</b> -1/3 cup Veggie Chili 1/2 pc Sweet Corn Bread (D) *** 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	



# SEPTEMBER PRESCHOOL SNACK MENU

P.M.  
Evening  
Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D)	<b>2</b> 1/4 cup Vanilla Yogurt (D) 1/2 fresh Banana	<b>3</b> 1/2 fresh Apple 1 pc Pretzel Bread (G)
		1/3 cup animal crackers 1/2 fresh orange	1 string cheese (D) 1/2 fresh apple	1/2 fresh Banana 1/2 cup WG Black Bean Veggie Crisps (D)
<b>6</b>  <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 1 Mini Bagel (G) 1 tbsp. Cream Cheese (D) 1/2 Fresh Peaches	<b>8</b> 1/2 Homemade Blueberry Snack Bread (D) (G) *** 6oz. 1% Milk (D)	<b>9</b> 1/4 cup Kids Mix (D) (G) 1/2 fresh Banana	<b>10</b> 4 WG Sweet Potato Grahams (G) 1/2 fresh Apple
	1 string cheese (D) 1/2 cup WG Black Bean Veggie Crisps (D)	4 pcs WG Sweet Potato Crisps (D) 1/2 fresh apple	1 string cheese (D) 1/2 fresh orange	4 Ritz Crackers 1/2 fresh Banana
<b>13</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D)	<b>14</b> 1/3 cup Animal Crackers (G) 1/2 Fresh Plum	<b>15</b> 1/3 Toasted Oats (G) 1/4 cup Vanilla Yogurt (D)	<b>16</b> 1 Pc Pretzel Bread (G) 1 Slice American Cheese (D)	<b>17</b> 4 Club Crackers (G) 1/2 fresh Apple
1 Pc WG Graham Square 1/2 Fresh Apple	4 Ritz Crackers 1 String Cheese (D)	1/3 cup animal crackers 1/2 fresh orange	1 string cheese (D) 1/2 fresh apple	1/2 fresh Banana 1/2 cup WG Black Bean Veggie Crisps (D)
<b>20</b> 6 Pretzel Twists (G) 1 String Cheese (D)	<b>21</b> 1/4 cup Kids Mix (D) (G) 1/2 fresh Peaches	<b>22</b> 1/2 slice Apple Spice Bread (D) (G) *** 6oz. 1% Milk (D)	<b>23</b> 1/3 cup Animal Crackers (G) 1/2 Fresh Banana	<b>24</b> 4 WG Sweet Potato Grahams (G) 1/2 fresh Apple
1/3 cup animal crackers 1/2 fresh orange	1 string cheese (D) 1/2 cup WG Black Bean Veggie Crisps (D)	4 pcs WG Sweet Potato Crisps (D) 1/2 fresh apple	1 string cheese (D) 1/2 fresh orange	4 Ritz Crackers 1/2 fresh Banana
<b>27</b> 4 Saltine Crackers (G) 1 String Cheese (D)	<b>28</b> 1/2 Blueberry Muffin Top (D) (G) 1/2 fresh Plum	<b>29</b> 3 Mini Naan Breads (D) (G) 1 Slice American Cheese (D)	<b>30</b> 1/4 cup Vanilla Yogurt (D) 1/2 fresh Banana	
1 Pc WG Graham Square 1/2 Fresh Apple	4 Ritz Crackers 1 String Cheese (D)	1/3 cup animal crackers 1/2 fresh orange	1 string cheese (D) 1/2 fresh apple	

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## SEPTEMBER ALLERGY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 1/3 cup Grilled Chicken 1/3 cup Brown Rice 1/4 cup Green & Yellow Beans 1/4 cup Fresh Honeydew 6oz 1% milk	<b>2</b> 1/2 cup Turkey Chili 1 Corn Tortilla 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>3</b> 1/2 cup Vegetarian Burrito Bowl 1 Corn Tortilla 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>6</b>  <b>CLOSED FOR LABOR DAY</b>	<b>7</b> 1/3 cup Grilled Chicken 1 Corn Tortilla 1/4 cup Peas & Carrots 1/2 Fresh Banana 6oz 1% milk	<b>8</b> 1/2 cup Southwest Chicken and Black Bean Bowl 1/4 cup Broccoli & Cauliflower 1/4 cup Fresh Cantaloupe 6oz 1% milk	<b>9</b> 1/3 cup Chicken Fajitas 1 Corn Tortilla 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>10</b> 1/2 cup Vegan Mac and Chicken 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>13</b> 1/3 cup Chicken Noodle Non-Soup w/ Corn Flour Pasta 1/4 cup Broccoli & Cauliflower 1/2 Fresh Apple 6oz 1% milk	<b>14</b> 1/3 cup Roasted Chicken 1/3 cup Brown Rice 1/4 cup Green & Yellow Beans 1/2 Fresh Banana 6oz 1% milk	<b>15</b> 1/3 cup Grilled Chicken 1/3 cup Brown Rice 1/4 cup Peas & Carrots 1/4 cup Fresh Honeydew 6oz 1% milk	<b>16</b> 1/3 cup Rice and Beans 1 Corn Tortilla 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>17</b> 1/3 cup BBQ Chicken 1 Corn Tortilla 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>20</b> 1/3 cup Roasted Chicken Corn Flour Pasta 1/4 cup Green & Yellow Beans 1/2 Fresh Apple 6oz 1% milk	<b>21</b> 1/3 cup Turkey Picadillo Taco 1 tbsp. Vegan Cheese 1 Corn Tortilla 1/4 cup Peas & Carrots 1/2 Fresh Banana 6oz 1% milk	<b>22</b> 1/3 cup Diced Chicken Corn Flour Pasta 1/4 cup Broccoli & Cauliflower 1/4 cup Fresh Cantaloupe 6oz 1% milk	<b>23</b> 1/3 cup Roasted Chicken Corn Flour Pasta 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	<b>24</b> 1 Vegan Quesadilla 1/4 cup Green Beans & Diced Carrots 1/4 cup Fresh Fruit Salad 6oz 1% milk
<b>27</b> 1/3 cup Corn Flour Pasta w/Chicken in Red Sauce 1/4 cup Broccoli & Cauliflower 1/2 cup Fresh Apple 6oz 1% milk	<b>28</b> 1/3 cup Chicken and Bell Peppers 1 Corn Tortilla 1/4 cup Peas & Carrots 1/2 Fresh Banana 6oz 1% milk	<b>29</b> 1/3 cup Grilled Chicken 1/3 cup Brown Rice 1/4 cup Green & Yellow Beans 1/4 cup Fresh Honeydew 6oz 1% milk	<b>30</b> 1/2 cup Turkey Chili 1 Corn Tortilla 1/4 cup 4 Veggie Blend 1/4 cup Fresh Watermelon 6oz 1% milk	