



Lunch - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Grilled Cheese (1 ea) Onion Rings (3/4 cup) Strawberry Applesauce (1/2c)	Chicken Nuggets (5ea) Smiley Fries (3/4c) Orange Slices (1/2c)
5	6	7	8	9
NO SCHOOL	Chicken Fajita Wrap w/ Lettuce, Tomatoes, Shredded Cheese, and Sour Cream (1ea) Corn (3/4c) Mixed Fruit (1/2c)	Chicken Pasta w/ Broccoli (4 ounces) Breadstick (1 ea) Pineapples (1/2c) Salad Bar	Hamburger (1 ea) Fries (3/4c) Peaches (1/2c)	Nachos w/ Ground Turkey, Green, and Red Peppers (4 ounces) Tortilla Chips (3 ounces) Grapes (1/2c)
12	13	14	15	16
General Tso Chicken (2 ounces) Broccoli (3/4c) Rice (2 ounces) Mandarin Oranges (1/2c)	Beef Taco (1ea) Corn (3/4c) Pears (1/2c)	Calzone (1 ea) Strawberry Applesauce (1/2c) Salad (3/4c)	Grilled Cheese (1 ea) Onion Rings (3/4c) Pineapples (1/2c)	Chicken Nuggets(3ea) Smiley Fries (3/4c) Orange Slices (1/2c)
19	20	21	22	23
NO SCHOOL	Chicken Fajita Wrap w/ Lettuce, Tomatoes, Shredded Cheese, and Sour Cream (1ea) Corn (3/4c) Mixed Fruit (1/2c)	Hamburger (1 ea) Fries (3/4c) Peaches (1/2c) Salad Bar	Chicken Pasta w/ Broccoli (4 ounces) Breadstick (1 ea) Pineapples (1/2c)	Nachos w/ Ground Turkey, Green, and Red Peppers (4 ounces) Tortilla Chips (3 ounces) Grapes (1/2c)
26	27	28	29	30
Popcorn Chicken (2 ounces) Green Beans (3/4c) Mac and Cheese (2 ounces) Mandarin Oranges (1/2c)	Beef Taco (1ea) Corn (3/4c) Pears (1/2c)	Calzone (1 ea) Strawberry Applesauce (1/2c) Salad (3/4c)	Grilled Cheese (1 ea) Onion Rings (3/4c) Pineapples (1/2c)	Chicken Nuggets (3ea) Smiley Fries (3/4c) Orange Slices (1/2c)



Breakfast - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Omelet w/ Cheese (1 each) Toast (1 each) Applesauce (1 each)	French Toast Sticks (2 each) Turkey Sausage (1 each) Strawberries (1/2 cup)	Biscuit (1 ounce) Chicken Patty (1 each) Apple Slices (1/2 cup)	Pancake (1 each) Turkey Bacon (2 each) Peaches (1/2 cup) Apple Juice (1 each)	Assorted Cereal (1 each) Orange Juice (1 each)



Morning Snacks - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Graham Crackers (1 oz)	Bagel w/ Cream Cheese (1 ea)	Goldfish Crackers (1 oz)	Peach Yogurt (1 ea)	Whole Grain Donut (1 ea)



Snacks - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Goldfish Crackers (1.4 ounces) Craisins (1 each) Apple Juice (4 ounces for JK-K, and 6 ounces for 1st-6th)	Chocolatechip Muffins (1 each) Strawberry Yogurt (4 ounces) Water (8 ounces)	Whole Grain Chocolate Chip Cookies (1.22 ounces) Cheese Stick (1 each) Milk (8 ounces)	Whole Grain Rice Krispy Treat (1 each) Apple Slices (1 each) Water (8 ounces)	Whole Grain Pop-Tart (1 ounce) Applesauce Pouch (1 each) Orange Juice (4 ounces for JK- K, and 6 ounces for 1st-6th)