

Goodies: cheese, raisins, peanut butter, etc.  
 Milk served for breakfast & lunch every day  
 Seasonal fruits & vegetables

## September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>Labor Day</b> Closed	<b>3</b> Oatmeal/fruit  Baked lemon chicken/garlic orzo/salad/fruit  Cheese cubes/fruit/veggies/crackers	<b>4</b> Bagels/goodies/fruit  Green chile cheese polenta/pinto beans/salad/fruit  Yogurt parfaits/fruit	<b>5</b> Cheerios/fruit  Tuna casserole/peas/carrots/fruit  Ants on a log/crackers	<b>6</b> ww bran date bread/fruit  Pizza bagels/relish tray/fruit  Party mix/fruit
<b>9</b> ww blueberry muffins/fruit  Lasagna/fruit/salad  Fruit/veggies/ww crackers/dip	<b>10</b> Baked oats/fruit  Moroccan chicken/rice/salad/fruit  Hummus/fruit/veggies/ww crackers	<b>11</b> Bagels/goodies/fruit  East Indian vegetarian curry/garbanzo beans/rice/fruit  Chocolate pudding parfait/fruit	<b>12</b> Rice Krispies/fruit  Turkey meatloaf/veggies/brown rice/fruit  Cheese cubes/fruit/crackers	<b>13</b> ww zuchinni bread/fruit  Chicken wraps/relish tray/fruit/chips  Trail mix/fruit
<b>16</b> bran muffins/fruit  Fidos/pinto beans/cheese/salad/salsa/fruit  Cottage cheese/fruit/veggies/ww crackers	<b>17</b> Oatmeal/fruit  Fish sticks/French fries/coleslaw/hush puppies/fruit  Spinach dip/fruit/ww crackers	<b>18</b> Bagels/goodies/fruit  Red beans & rice/fruit/salad  Yogurt parfaits/fruit	<b>19</b> Cornflakes/fruit  Fried chicken/coleslaw/ww biscuits/fruit  Ritz/mozzarella/pepperoni/fruit	<b>20</b> Orange bread/fruit  Tuna salad on baguette/fruit/chips/relish tray  Chex mix/fruit
<b>23</b> Pumpkins muffins/fruit  Mac & cheese/salad/fruit  Veggies/fruit/peanut butter/ww crackers	<b>24</b> Baked oats/fruit  Black bean tacos/salad/salsa/fruit  Cheese cubes/ww crackers/fruit/veggies	<b>25</b> Bagels/goodies/fruit  Ham & cheese/quiche/spinach salad/fruit  Vanilla pudding parfaits/banans	<b>26</b> Cheerios/fruit  Shepherd's pie/veggies/fruit/ww biscuits  Ants on a log/crackers	<b>27</b> Cinnamon bread/fruit  Cheeseburgers/chips/relish tray/fruit  Trail mix/fruit