

September Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	
4		5	6	7	8	
Labor Day		Oatmeal/ Craisins 1% /chocolate Milk Turkey tacos Rice w/black beans Apples	Breakfast bar/ Grapes 1% /chocolate Milk Turkey lunchable Carrots Plum	Bagel CreamCheese/Banana 1% /chocolate Milk Hamburger Corn Pineapple	Cheerios/ Apple 1% /chocolate Milk Cheese pizza Roasted sweet potato Pears	
11		12	13	14	15	
Yogurt/ Granola/ Strawberries 1% /chocolate Milk Chicken salad w/crackers Celery Apples		Cheerios/ Apple 1% /chocolate Milk Chicken fajitas Lime cilantro Rice w/avocado Peaches	Oatmeal/Peaches 1% /chocolate Milk turkey and cheese grilled sandwich mixed peppers kiwi	Breakfast Bar/ Apple 1% /chocolate Milk Baked chicken Spinach w/ peppers Blueberries	Bagel/Grapes 1% /chocolate Milk Cheese Pizza bagels Roasted vegetables kiwi	
18		19	20	21	22	
Grits/ Toast/Apples 1% /chocolate Milk Shredded BBQ chicken sandwich Cucumber Banana		Bagel/Apples 1% /chocolate Milk Cheese quesadilla w/ salsa Black beans plums	Breakfast Bar/Orange 1% /chocolate Milk Chicken Caesar spinach wrap Broccoli Nectarines	CheX/Apple 1% /chocolate Milk Beef hot dogs Potatoes wedges Strawberries	French Toast/Eggs 1% /chocolate Milk Cheese pizza Chickpea salad Raspberries	
25		26	27	28	29	
Cheerios/ Apples 1% /chocolate Milk Turkey burgers Red mashed potatoes Mixed fruit		Oatmeal/Peaches 1% /chocolate Milk Walking tacos Celery apples	Yogurt/Granola 1% /chocolate Milk Turkey sandwich Cucumber salad Peaches	Breakfast Bar/Apple 1% /chocolate Milk Chicken nuggets Corn Mangos	Bagel/Grapes 1% /chocolate Milk Cheese pizza Spinach Plums 1% /chocolate Milk	

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