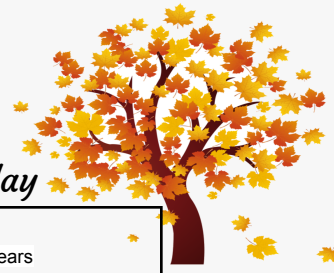


# September Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Week 3

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  | 01<br>Milk, Yogurt, Peaches<br><br>Milk, Chicken Cilantro, <b>WG Rotini Pasta</b> , Peas, Honeydew<br><br>Animal Cracker, Cheese Cubes | 02<br>Milk, Corn Flakes, Pears<br><br>Milk, Ground Turkey w <b>WG Quinoa</b> , Broccoli, Fruit Cocktail<br><br>Corn, Parmesan Cheese |
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Week 4



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| 05<br>Milk, Bread, Jelly, Pears<br><br>Milk, Bean and cheese, <b>WG Mini Flour Tortilla</b> , Corn, Apple Slices<br><br>Ritz, String Cheese | 06<br>Milk, Waffles Syrup, Fruit Cocktail<br><br>Milk, Meatballs, <b>WG Sub</b> , Peas, Oranges<br><br>Apple, Rice Cakes | 07<br>Milk, <b>WG Rice Chex</b> , Pineapple<br><br>Milk, Chicken, <b>WG White Rice</b> , Black Beans, Cantaloupe<br><br>Cottage Cheese, Pears | 08<br>Milk, Oatmeal, Peaches<br><br>Milk, Turkey w Mushroom Sauce, <b>WG Quinoa</b> , Cucumber coins, Fruit Cocktail<br><br>Turkey, Pretzel Bites | 09 |
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Week 1

|   |   |  |   |   |
|---|---|--|---|---|
| 12<br>Milk, Turkey Patti, Pears<br><br>Milk, BBQ Chicken, <b>WG White Rice</b> , Peas, Apple Slices<br><br>Hummus, Pita | 13<br>Milk, <b>WG Pancakes</b> , Syrup, Pineapple<br><br>Milk, Taco Meat Beef, <b>WG Mini Tortilla</b> , Corn, Carrots<br><br>Yogurt, <b>WG Granola</b> | 14<br>Milk, <b>WG Chex</b> , Fruit Cocktail<br><br>Milk, Turkey Casserole, <b>WG Elbow Pasta</b> , Cauliflower, Oranges<br><br>Applesauce, Graham Crackers | 15<br>Milk, English Muffins, Jelly, Applesauce<br><br>Milk, Roasted Bell Pepper Chicken, <b>WG Quinoa</b> , Broccoli, Honeydew<br><br>Rice Cakes, Sunbutter | 16<br>Milk, Yogurt, Peaches<br><br>Milk, Cowboy Pasta, <b>WG Rotini</b> Cucumber coins, Fruit Cocktail<br><br>Corn, Parmesan Cheese |
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Week 2

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| 19<br>Milk, Corn Flakes, Pears<br><br>Milk, Ground Turkey Sloppy Joe, <b>WG Bun</b> , Carrots, Apple Slices<br><br>Apple, Saltine Crackers | 20<br>Milk, Bagels, Cream Cheese, Applesauce<br><br>Milk, Taco Meat Chicken, <b>WG Mini Flour Tortilla</b> , Broccoli, Cauliflower<br><br>Cottage Cheese, Peaches | 21<br>Milk, Bread, Jelly, Fruit Cocktail<br><br>Milk, Meatballs, <b>WG Spaghetti</b> , Peas, Oranges<br><br>Pinto Beans, <b>WG Mini Flour Tortilla</b> | 22<br>Milk, Oatmeal, Peaches<br><br>Chili Bean Soup, <b>WG Crackers</b> , Corn, Cantaloupe<br><br>String Cheese, Baby Carrots | 23<br>Milk, <b>WG Rice Chex</b> , Pineapple<br><br>Milk, Turkey Salad, <b>WG Rotini</b> , Mixed Veggies, Fruit Cocktail<br><br>Turkey, Pretzel Bites |
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Week 3

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| 26<br>Milk, English Muffins, Jelly, Fruit Cocktail<br><br>Milk, Teriyaki Chicken, <b>WG White Rice</b> , Cauliflower, Apple slices,<br><br>Lentil Dip, Pita | 27<br>Milk, <b>WG Corn Chex</b> , Pears<br><br>Milk, Taco Meat Turkey, <b>WG Mini Flour Tortilla</b> , Corn, Carrots<br><br>Yogurt, Granola | 28<br>Milk, <b>WG Pancakes</b> Syrup, Pineapple<br><br>Milk, Picadillo Beef, <b>WG Spanish Rice</b> , Mixed Veggies, Oranges<br><br>Applesauce, <b>WG Cheerios</b> | 29<br>Milk, Yogurt, Peaches<br><br>Milk, Chicken Cilantro, <b>WG Rotini Pasta</b> , Peas, Honeydew<br><br>Animal Cracker, Cheese Cubes | 30<br>Milk, Corn Flakes, Pears<br><br>Milk, Ground Turkey w <b>WG Quinoa</b> , Broccoli, Fruit Cocktail<br><br>Corn, Parmesan Cheese |
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