

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Whole Grain Croissant & Fruit	Whole Grain Waffles w/Maple Syrup & Fruit	Whole Grain Bagel w/Cream Cheese & Fruit
		Beef & Cheese Burrito w/ Mexican Brown Rice w/ Black Beans & Corn, Sour Cream Fruit	Orange Chicken w/ WG Brown Rice w/ California Blend Vegetables Fruit	WG Southern Crispy Chicken Sandwich w/ Whole Wheat Bun w/ Sweet Potato Tater Tots, Ketchup Fruit
		Gold Fish, Fruit, Milk/Water	Animal Cracker, Fruit, Milk/Water	Pancake, Fruit, Milk/Water
6	7	8	9	10
Labor Day School Closed	Blueberry Muffin & Fruit	Whole Grain Croissant & Fruit	Whole Grain Waffles w/Maple Syrup & Fruit	Whole Grain Bagel w/Cream Cheese & Fruit
	Turkey Sausage w/ WG French Toast Bites w/ Homefries, Syrup Fruit	Beefy Whole Grain Macaroni & Cheese w/ Broccoli Fruit	Chicken & White Bean Chili w/ Whole Grain w/ Cornbread Fruit	Whole Grain BBQ Chicken Pizza w/ Carrots Fruit
	Terra Vegetable Chips, Fruit, Milk/Water	Mozzarella Cheese Sticks, Fruit, Water	WG Sun Chips, Fruit, Milk/Water	French Toast Sticks, Fruit, Milk/Water
13	14	15	16	17
Whole Grain Cereal & Fruit	Blueberry Muffin & Fruit	Whole Grain Croissant & Fruit	Whole Grain Waffles w/Maple Syrup & Fruit	Whole Grain Bagel w/Cream Cheese & Fruit
Mozzarella Stick Parmesan w/ WG Pasta & Garlic Bread w/ Green Beans w/Peppers Fruit	Hamburger w/ Wheat Hamburger Bun w/ Sweet Potato Wedges, Ketchup Fruit	Creamy Cajun Chicken w/ WG Brown Rice w/ Broccoli Fruit	Shepherd's Pie w/ Mashed Potatoes w/ WG Biscuit Fruit	WG Corn & Poblano Empanada w/ WG Brown Rice w/ Stewed Beans Fruit
Animal Cracker, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Sweet Potato, Fruit, Milk/Water	Yogurt, Fruit, Water	Pancake, Fruit, Milk/Water
20	21	22	23	24
Whole Grain Cereal & Fruit	Blueberry Muffin & Fruit	Whole Grain Croissant & Fruit	Whole Grain Waffles w/Maple Syrup & Fruit	Whole Grain Bagel w/Cream Cheese & Fruit
Whole Grain Popcorn Chicken w/ WG Brown Rice w/ Vegetable Medley, Sweet & Sour Sauce Fruit	American Chop Suey w/ WG Pasta & Garlic Bread w/ Carrots Fruit	Bean & Cheese Burrito w/ Mexican Brown Rice w/ Black Beans & Corn w/ Peppers, Sour Cream Fruit	Whole Grain Ravioli w/ Turkey Meat Sauce w/ Broccoli Fruit	WG Meatball (Chicken) Pizza w/ Green Beans Fruit
French Toast Sticks, Fruit, Milk/Water	Saltine Crackers, Fruit, Milk/Water	Terra Vegetable Chips, Fruit, Milk/Water	Mozzarella Cheese Sticks, Fruit, Water	WG Sun Chips, Fruit, Milk/Water
27	28	29	30	
Whole Grain Cereal & Fruit	Blueberry Muffin & Fruit	Whole Grain Croissant & Fruit	Whole Grain Waffles w/Maple Syrup & Fruit	
Powerhouse Turkey Chili w/ WG Cornbread Fruit	Whole Grain Maple Pancake Sandwich w/ Turkey Sausage w/ Sweet Potato Homefries, Ketchup Fruit	Whole Grain Chicken Parmesan w/ WG Pasta w/ Broccoli Fruit	Teriyaki Chicken w/ WG Noodles w/ Edamame & Corn Fruit	
Sweet Potato, Fruit, Milk/Water	Animal Cracker, Fruit, Milk/Water	Pancake, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	

I _____ agree to serve ALL above food to my child/children _____

Signature: _____ Date: _____

Notes: Breakfast
Lunch
Snack