

September Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
ALL CENTERS CLOSED	<p>2 <u>Breakfast</u> WG Waffles Mixed Berries</p> <p><u>Lunch</u> Chicken Tikki Masala Brown Rice Green Grapes Halved</p> <p><u>Snack</u> Apple Cheese Stick</p>	<p>3 <u>Breakfast</u> WG Toast Oranges</p> <p><u>Lunch</u> Ranchero Bean Tacos Shredded Cheese WG Tortilla Lettuce w/spinach Blackberries</p> <p><u>Snack</u> WG Muffin Banana</p>	<p>4 <u>Breakfast</u> WG Biscuit Mixed Fruit</p> <p><u>Lunch</u> Mediterranean Chicken Brown Rice Pilaf Sweet Pepper Slices Mango</p> <p><u>Snack</u> Diced Chicken Fruit Salad</p>	<p>5 <u>Breakfast</u> Banana Bread Square Strawberries</p> <p><u>Lunch</u> Grilled Cheese Tomato Soup Cucumbers Peaches</p> <p><u>Snack</u> WG Mini Bagel Kiwi</p>
<p>2 <u>Breakfast</u> WG Muffin Diced Chicken Pears</p> <p><u>Lunch</u> Sloppy Joe WG Dinner Roll Green Peas Oranges</p> <p><u>Snack</u> Granola Yogurt</p>	<p>9 <u>Breakfast</u> Cereal- Toasted Oats Banana</p> <p><u>Lunch</u> Chicken Roll Up (Chicken, Tortilla, Cheese) Carrots Tropical Fruit</p> <p><u>Snack</u> Fruit Yogurt Smoothie</p>	<p>10 <u>Breakfast</u> WG Biscuit Mixed Berries</p> <p><u>Lunch</u> Three Sisters Soup Turkey Burger Ketchup WG Flatbread Bun Apple Slices</p> <p><u>Snack</u> Snack Mix Grapes Halved</p>	<p>11 <u>Breakfast</u> WG Bagel Banana</p> <p><u>Lunch</u> Crunchy Chicken Hawaiian Wrap WG Tortilla Mixed Fruit</p> <p><u>Snack</u> WG Tortilla Chips Salsa Fresh Mixed Vegetable</p>	<p>12 <u>Breakfast</u> WG Pancakes Mandarin Oranges</p> <p><u>Lunch</u> WG Pizza Cauliflower Mixed Fruit</p> <p><u>Snack</u> Broccoli Hummus Crackers (EHS only)</p>
<p>3 <u>Breakfast</u> WG Toast Cottage Cheese Pineapple</p> <p><u>Lunch</u> WG Fish Stick WG Bread Stick Broccoli Slaw Kiwi</p> <p><u>Snack</u> Carrot Sticks Hard-boiled Eggs</p>	<p>16 <u>Breakfast</u> Yogurt Apricots</p> <p><u>Lunch</u> Kati Kati Chicken Jollof Rice Fresh Pears</p> <p><u>Snack</u> Turkey Wraps (Turkey, Tortilla) Herbed Cream Cheese</p>	<p>17 <u>Breakfast</u> WG French Toast Stick Mixed Berries</p> <p><u>Lunch</u> WG Spaghetti Casserole Cauliflower Fruit Infused Applesauce</p> <p><u>Snack</u> WG Toasted Oats Banana</p>	<p>18 <u>Breakfast</u> WG Muffin Strawberries</p> <p><u>Lunch</u> Yogurt WG Pancakes Cucumber Coins Melon</p> <p><u>Snack</u> WG Toast Egg Salad</p>	<p>19 <u>Breakfast</u> Cereal- Toasted Oats Apple Slices Baked</p> <p><u>Lunch</u> Bean Burrito Bowl Brown Rice Shredded Cheese Salsa Lettuce Salad Peaches</p> <p><u>Snack</u> WG English Muffin Tomato Sauce Shredded Cheese</p>
<p>4 <u>Breakfast</u> WG English Muffin Mandarin Oranges Egg Patty</p> <p><u>Lunch</u> WG Chicken Strips Coleslaw Pineapple</p> <p><u>Snack</u> Cheese Slice WG Ritz Crackers</p>	<p>23 <u>Breakfast</u> Cereal- Cornflakes Strawberries</p> <p><u>Lunch</u> Deli Turkey Slices WG Bun Artisan Salad Pears</p> <p><u>Snack</u> Applesauce WG Pancakes</p>	<p>24 <u>Breakfast</u> Yogurt Mixed Fruit</p> <p><u>Lunch</u> Open Faced Samosa WG Flatbread Diced Potatoes Melon</p> <p><u>Snack</u> WG Soft Pretzel Jicama/Cucumber Coins</p>	<p>25 <u>Breakfast</u> WG Toast Peaches</p> <p><u>Lunch</u> Bean Chili Cheese Slice WG Cornbread Grapefruit</p> <p><u>Snack</u> WG English Muffin Fresh Mixed Vegetable Hummus</p>	ALL CENTERS CLOSED
<p>1 <u>Breakfast</u> Granola Yogurt Pineapple</p> <p><u>Lunch</u> Tuna Twist Salad WG Tortilla Carrots Melon</p> <p><u>Snack</u> Cottage Cheese Peaches</p>				

Orange=EHSCCC/HSCCC/Lighthouse, Blue=EHSCCC/HSCCC, No color=all classrooms

1% milk is served daily in all classrooms with breakfast and lunch.

Weekly PM Snack for HSCCC and Lighthouse:

Mon: Cheese slice (1) w/ WG crackers (5); Tue: WG toast (1/2 slice) w/ pineapple (1/2 c); Wed: WG Bagel (1/4) w/ orange slices (1/2 c);

Thurs: Snack Mix (1/2 c) w/ applesauce (1/2 c); Fri: WG biscuit (1/2) w/ mixed fruit (1/2 c)