



**HARVEST OF THE MONTH**  
 ASPARAGUS – Vegetable to  
 taste this month on 9/23!

**Blue** = HSCCC and EHSCCC  
**Orange** = HSCCC, EHSCCC, Lighthouse  
**No Color** = All Classrooms

# September Menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
4	<p><b>Breakfast – 30</b>            WG Kix (3/4 c)            Egg and Cheese Omelet (1)            Strawberries (1/2 c)</p> <p><b>Lunch –</b>            Samosa Chicken (1/2 c)            WG Flatbread (2 pieces)            Diced Potatoes (1/4 c)            Peaches (1/4 c)</p> <p><b>Snack –</b>            WG Teddy Grahams (1 pack)            Apple (1/2 c = 1/2 apple)</p>	<p><b>Breakfast – 31</b>            WG Bagel (1/2)            Green Apple Slices (1/2 c=1/2 apple)</p> <p><b>Lunch –</b>            Chicken Salad (1/2 c)            WG Bun (1)            Romaine Lettuce (1/4 c)            Tomatoes (1/8 c)            Blackberries (1/4 c)</p> <p><b>Snack –</b>            WG Blueberry Muffin (1/2)            Mandarin Oranges (1/2 c)</p>	<p><b>Breakfast – Sept 1</b>            WG Toast (1 slice)            Sunshine Fruit (1/2 c)  <b>Mand Orange+Strawberries</b></p> <p><b>Lunch –</b>            Bean Chili (1/2 c)            Cheese Slice (1 slice)            WG Cornbread (1 piece – 15 pieces per pan)            Fresh Carrots (1/4 c)            Fruit Infused Applesauce (1/4 c)</p> <p><b>Snack –</b>            WG Flatbread (1 piece)            Turkey (1 slice)</p>	<p><b>Breakfast – 2</b>            WG Blueberry Muffin (1/2)            Peaches (1/2 c)</p> <p><b>Lunch –</b>            Turkey Burger (1)            WG Bun (1)            Cauliflower/Broccoli (1/4 c)            Strawberries (1/4 c)</p> <p><b>Snack –</b>            Ritz Crackers (5)            Cheese Slice (1)</p>	<p><b>Breakfast – 3</b>            WG Pancake (1)            Pears (1/2 c)</p> <p><b>Lunch –</b>            WG Grilled Cheese(EHS 1/2,HS 1)            Tomato Soup (1 c)            Mixed Vegetables (1/4 c)            Orange Slices (1/4 c = ½ orange)</p> <p><b>Snack –</b>            Cucumber Coins (1/2 c)            Hummus (1/8 c)</p>
1	<p><b>REACH-UP CLOSED</b></p>	<p><b>Breakfast – 7</b>            WG Waffle Sticks (2)            Tropical Fruit (1/2 c)            Greek Vanilla Yogurt (1/4 c)</p> <p><b>Lunch –</b>            Tuna Twist Salad (1/4 c)            WG Tortilla (1)            Cold Peas (1/4 c)            Mango &amp; Berries (1/4 c)</p> <p><b>Snack –</b>            WG Corn Tortilla Chips (7)            Salsa (1/8 c)            Mozzarella Cheese Stick (1)</p>	<p><b>Breakfast – 8</b>            WG Blueberry Muffin (1/2)            Strawberries (1/2 c)</p> <p><b>Lunch –</b>            Deli Turkey Slices (2 slices)            WG Flatbread (2 pieces)            Three Sister’s Soup (1/4 c)            Apple (1/4 c=1/4 apple)</p> <p><b>Snack –</b>            WG Toast (1 slice)            Peaches (1/2 c)</p>	<p><b>Breakfast – 9</b>            WG French Toast Sticks (2)            Baked Apple Slices (1/2 c)</p> <p><b>Lunch –</b>            Diced Chicken (1/2 c)            WG Breadstick (1/2)            Spinach Salad (1/2 c)            Strawberries (1/4 c)</p> <p><b>Snack –</b>            WG Snack Mix (1/2 c)            Fresh Carrots (1/2 c)</p>	<p><b>Breakfast – 10</b>            WG Apple Cinn Muffin (1/2)            Orange Slices (1/2 c=1 orange)</p> <p><b>Lunch –</b>            WG Cheese and Black Bean Quesadilla (1)            Tomato Slices (1/4 c)            Blueberries (1/4 c)</p> <p><b>Snack –</b>            WG English Muffin (1/2 muffin)            Tomato Sauce (2 TBSP)            Shredded Cheese (1/8 c)</p>
2	<p><b>Breakfast – 13</b>            WG Blueberry Muffin (1/2)            Egg and Cheese Omelet (1)            Strawberries (1/2 c)</p> <p><b>Lunch –</b>            BBQ Beef (1/2 c)            WG Dinner Roll (1)            Cold Peas (1/4 c)            Tropical Fruit (1/4 c)</p> <p><b>Snack –</b>            WG Teddy Grahams (1 pack)            Apple (1/2 c = 1/2 apple)</p>	<p><b>Breakfast – 14</b>            WG Toast (1 slice)            Blueberries/Strawberries(1/2 c)</p> <p><b>Lunch –</b>            Vanilla Yogurt (3/4 c)            WG Pancake (1 pancake)            Fresh Carrots (1/4 c)            Pears (1/4 c)</p> <p><b>Snack –</b>            WG Blueberry Muffin (1/2)            Mandarin Oranges (1/2 c)</p>	<p><b>Breakfast – 15</b>            WG Biscuit (1/2)            Mango (1/2 c)</p> <p><b>Lunch –</b>            Ranchero Bean Tacos (1/4 c)            Shredded Cheese (1/8 c)            WG Tortilla (1)            Romaine Spinach Salad (1/4 c)            Salsa (1/8 c)            Orange Slices (1/4 c = ½ orange)</p> <p><b>Snack –</b>            WG Flatbread (1 piece)            Turkey (1 slice)</p>	<p><b>Breakfast – 16</b>            WG Kix (3/4 c)            Fresh Cantaloupe (1/2 c)</p> <p><b>Lunch –</b>            Meatballs (6)            WG Breadstick (1/2)            Mashed Potatoes (1/4 c)            Blackberries (1/4 c)</p> <p><b>Snack –</b>            Ritz Crackers (5)            Cheese Slice (1)</p>	<p><b>Breakfast – 17</b>            WG French Toast Sticks (2)            Pineapple (1/2 c)</p> <p><b>Lunch –</b>            WG Cheese Pizza (1)            Romaine Spinach Salad (1/2 c)            Mixed Fruit (1/4 c)</p> <p><b>Snack –</b>            Cucumber Coins (1/2 c)            Hummus (1/8 c)</p>
3	<p><b>Breakfast – 20</b>            WG English Muffin (1/2)            Strawberries (1/2 c) <b>Frozen</b>            Egg Patty (1)</p> <p><b>Lunch –</b>            WG Fish Nuggets (3)            WG Bread Stick (1/2)            Fresh Carrots (1/4 c)            Apple (1/4 c = 1/4 c)</p> <p><b>Snack –</b>            WG Granola (1/8 c)            Greek Vanilla Yogurt (1/4 c)</p>	<p><b>Breakfast – 21</b>            WG Apple Cinn Muffin (1/2)            Pineapple (1/2 c)</p> <p><b>Lunch –</b>            Chicken Roll Up            WG Tortilla (1)            Shredded Chicken (1/4 c)            Shredded Cheese (1/4 c)            Romaine Spinach Salad (1/2 c)            Tropical Fruit (1/4 c)</p> <p><b>Snack –</b>            WG Corn Tortilla Chips (7)            Salsa (1/8 c)            Mozzarella Cheese Stick (1)</p>	<p><b>Breakfast – 22</b>            WG Pancake (1)            Baked Apple Slices (1/2 c)</p> <p><b>Lunch –</b>            WG Beef Spaghetti (1/2 c)            Cauliflower/Broccoli (1/4 c)            Mango and Berries (1/4 c)</p> <p><b>Snack –</b>            WG Toast (1 slice)            Peaches (1/2 c)</p>	<p><b>Breakfast – 23</b>            WG Tasteros (1/2 c)            Pears &amp; Blueberries (1/2 c)</p> <p><b>Lunch –</b>            WG Popcorn Chicken (9)            Sweet Pepper Slices (1/4 c)  <b>Asparagus</b> (extra to try)            Banana (1/4 c=1/2 banana)</p> <p><b>Snack –</b>            WG Snack Mix (1/2 c)            Fresh Carrots (1/2 c)</p>	<p><b>Breakfast – 24</b>            WG Waffle Sticks (2)            Mandarin Oranges (1/2 c)</p> <p><b>Lunch –</b>            Bean Burrito Bowl            Beans (1/2 c)            Shredded Cheese (1/8 c)            WG Brown Rice (1/4 c)            Romaine Spinach Salad (1/4 c)            Salsa (1/8 c)            Peaches (1/4 c)</p> <p><b>Snack –</b>            WG English Muffin (1/2 muffin)            Tomato Sauce (2 TBSP)            Shredded Cheese (1/8 c)</p>





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# September Menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
4	<b>Breakfast – 27</b> WG Kix (3/4 c) Egg and Cheese Omelet (1) Strawberries (1/2 c)  <b>Lunch –</b> Samosa Chicken (1/2 c) WG Flatbread (2 pieces) Diced Potatoes (1/4 c) Peaches (1/4 c)  <b>Snack –</b> WG Teddy Grahams (1 pack) Apple (1/2 c = 1/2 apple)	<b>Breakfast – 28</b> WG Bagel (1/2) Green Apple Slices (1/2 c=1/2 apple)  <b>Lunch –</b> Chicken Salad (1/2 c) WG Bun (1) Romaine Lettuce (1/4 c) Tomatoes (1/8 c) Blackberries (1/4 c)  <b>Snack –</b> WG Blueberry Muffin (1/2) Mandarin Oranges (1/2 c)	<b>Breakfast – 29</b> WG Toast (1 slice) Sunshine Fruit (1/2 c) <b>Mand Orange+Strawberries</b>  <b>Lunch –</b> Bean Chili (1/2 c) Cheese Slice (1 slice) WG Cornbread (1 piece – 15 pieces per pan) Fresh Carrots (1/4 c) Fruit Infused Applesauce (1/4 c)  <b>Snack –</b> WG Flatbread (1 piece) Turkey (1 slice)	<b>Breakfast – 30</b> WG Blueberry Muffin (1/2) Peaches (1/2 c)  <b>Lunch –</b> Turkey Burger (1) WG Bun (1) Cucumber Coins (1/4 c) Strawberries (1/4 c)  <b>Snack –</b> Ritz Crackers (5) Cheese Slice (1)	<b>Breakfast – Oct 1</b> WG Pancake (1) Pears (1/2 c)  <b>Lunch –</b> WG Grilled Cheese(EHS 1/2,HS 1) Tomato Soup (1 c) Cauliflower/Broccoli (1/4 c) Orange Slices (1/4 c = 1/2 orange)  <b>Snack –</b> Cucumber Coins (1/2 c) Hummus (1/8 c)
<b>HSCCC PM SNACK</b>					
	WG Bagel (1/2) Mandarin Oranges (1/2 c)	Ritz Crackers (5) Cottage Cheese (1/8 c)	WG Snack Mix (1/2 c) Peaches (1/2 c)	WG Toast (1 slice) Pineapple (1/2 c)	WG Biscuit (1/2) Applesauce (1/2 c)

**Milk:**

**Served daily with breakfast & lunch**

- 1-yr-olds = 4 fl. oz. unflavored whole milk
- 2-yr-olds = 4 fl. oz. unflavored 1% milk
- 3-5-yr-olds = 8 fl. oz. unflavored 1% milk

**Condiments:**

- Ranch** = New on Monday, return at end of week.
- Syrup, Ketchup, Butter** = Remain in classrooms, send empty bottle & note to kitchen when more is needed.

**Non-discrimination Statement: "This institution is an equal opportunity provider."**