

September Menu 2022

Monday

Tuesday

Wednesday

Thursday

Friday

1	<p>Breakfast¹ Aug 29 WG Pancake (1) Mandarin Oranges (1/2 c) Egg and Cheese Omelet (1)</p> <p>Lunch¹ Beef Burger (1) WG Bun (1) Potato Salad (1/4 c) Tropical Fruit (1/4 c)</p> <p>Snack² WG Granola (1/8 c) Greek Vanilla Yogurt (1/4 c)</p>	30	<p>Breakfast¹ WG Tostitos (1/2 c) Strawberries (1/2 c)</p> <p>Lunch¹ Tuna Twist Salad (1/4 c) WG Bun (1) Broccoli Slaw (1/4 c) Mango & Berries (1/4 c)</p> <p>Snack² WG Corn Tortilla Chips (7) Salsa (1/8 c) Mozzarella Cheese Stick (1)</p>	31	<p>Breakfast¹ WG Waffle Sticks (2) Tropical Fruit (1/2 c)</p> <p>Lunch¹ 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>Snack² WG Toast (1 slice) Watermelon (1/2 c)</p>	Sept 1	<p>Breakfast¹ WG French Toast Sticks (2) Fruited Applesauce (1/2 c)</p> <p>Lunch¹ Mediterranean Chicken (1) WG Brown Rice Pilaf (1/4 c) Sweet Pepper Slices (1/4 c) Banana (1/4 c=1/2 banana)</p> <p>Snack² WG Snack Mix (1/2 c) Pea Pods (1/2 c) Hardboiled Egg (1)</p>	2	<p>Breakfast¹ WG Apple Cinn Muffin (1/2) Orange Slices (1/2 c=1 orange)</p> <p>Lunch¹ WG Cheese and Black Bean Quesadilla (1) Tomato Slices (1/4 c) Blueberries (1/4 c)</p> <p>Snack² WG English Muffin (1/2 muffin) Pizza Sauce (1/8 c) Shredded Cheese (1/8 c)</p>
2	5	REACH-UP CLOSED		7	8	9			
		<p>Breakfast¹ WG Toast (1 slice) Blueberries/Strawberries(1/2 c) Egg Patty (1)</p> <p>Lunch¹ <i>Picnic Lunch!</i>  Deli Turkey Slices (2) WG Bun (1) Carrots (1/4 c = 5 carrots) Mixed Fruit Cup (1 cup = 1/2 c)</p> <p>Snack² WG Blueberry Muffin (1/2) Mandarin Oranges (1/2 c)</p>	<p>Breakfast¹ WG Biscuit (1/2) Mango (1/2 c)</p> <p>Lunch¹ Chicken Taco (1/4 c) WG Tortilla (1) Shredded Cheese (1/8 c) Romaine Spinach Salad (1/2 c) Orange Slices (1/4 c = 1/2 orange)</p> <p>Snack² WG Flatbread (1 piece) Turkey (1 slice)</p>	<p>Breakfast¹ WG Kix (3/4 c) Fresh Cantaloupe (1/2 c)</p> <p>Lunch¹ Beef Meatballs (4) Shredded Cheese (1/8 c) WG Breadstick (1/2) Mashed Potatoes (1/4 c) Blackberries (1/4 c)</p> <p>Snack² WG Teddy Grahams (1 pack) Apple (1/2 c = 1/2 apple) Mozzarella Cheese Stick (1)</p>	<p>Breakfast WG French Toast Sticks (2) Apricots (1/2 c)</p> <p>Lunch WG Cheese Pizza (1) Romaine Spinach Salad (1/2 c) Mixed Fruit (1/4 c)</p> <p>Snack Cucumber Coins (1/2 c) Hummus (1/8 c)</p>				
3	12	13	14	15	16				
<p>Breakfast WG English Muffin (1/2) Mixed Berries (1/2 c) Egg Patty (1)</p> <p>Lunch WG Fish Nuggets (3) WG Bread Stick (1/2) Carrots (1/4 c = 5 carrots) Apple (1/4 c = 1/4 apple)</p> <p>Snack WG Granola (1/8 c) Greek Vanilla Yogurt (1/4 c)</p>	<p>Breakfast¹ WG Apple Cinn Muff (1/2) Pineapple (1/2 c)</p> <p>Lunch¹ Vanilla Yogurt (3/4 c) WG French Toast Sticks (2) Cucumbers (1/4 c) Pears (1/4 c)</p> <p>Snack² WG Corn Tortilla Chips (7) Salsa (1/8 c) Mozzarella Cheese Stick (1)</p>	<p>Breakfast¹ WG Pancake (1) Baked Apple Slices (1/2 c)</p> <p>Lunch¹ Cold Pasta Salad WG Pasta (1/4 c) Diced Turkey (1/4 c) Cauliflower/Broccoli (1/4 c) Kiwi (1/4 c)</p> <p>Snack² WG Toast (1 slice) Watermelon (1/2 c)</p>	<p>Breakfast¹ WG Tostitos (1/2 c) Pears & Blueberries (1/2 c)</p> <p>Lunch¹ WG Popcorn Chicken (10) Sweet Pepper Slices (1/4 c) Banana (1/4 c=1/2 banana)</p> <p>Snack² WG Snack Mix (1/2 c) Pea Pods (1/2 c) Hardboiled Egg (1)</p>	<p>Breakfast¹ WG Waffle Sticks (2) Mandarin Oranges (1/2 c)</p> <p>Lunch¹ Bean Burrito Bowl Beans (1/2 c) Shredded Cheese (extra) WG Brown Rice (1/4 c) Romaine Spinach Salad (1/4 c) Salsa (1/8 c) Blueberries (1/4 c)</p> <p>Snack² WG English Muffin (1/2 muffin) Pizza Sauce (1/8 c) Shredded Cheese (1/8 c)</p>					
4	19	20	21	22	23				
<p>Breakfast¹ WG Kix (3/4 c) Fruit Cocktail (1/2 c) Mozzarella Cheese Stick (1)</p> <p>Lunch¹ Samosa Chicken (1/2 c) WG Flatbread (2 pieces) Diced Potatoes (1/4 c) Peaches (1/4 c)</p> <p>Snack² Ritz Crackers (5) Cheese Slice (1)</p>	<p>Breakfast¹ WG Bagel (1/2) Green Apple Slices (1/2 c=1/2 apple)</p> <p>Lunch¹ Chicken Salad (1/2 c) WG Bun (1) Coleslaw (1/4 c) Blackberries (1/4 c)</p> <p>Snack² WG Blueberry Muffin (1/2) Mandarin Oranges (1/2 c)</p>	<p>Breakfast¹ WG Toast (1 slice) Sunshine Fruit (1/2 c)</p> <p>Lunch¹ WG Beef Spaghetti (1/2 c) Cauliflower/Broccoli (1/4 c) Mango and Berries (1/4 c)</p> <p>Snack² WG Flatbread (1 piece) Turkey (1 slice)</p>	<p>Breakfast¹ WG English Muffin (1/2) Apricots (1/2 c)</p> <p>Lunch¹ Ranchero Bean Tacos (1/4 c) Shredded Cheese (1/8 c) WG Tortilla (1) Romaine Spinach Salad (1/4 c) Salsa (1/8 c) Pineapple (1/4 c)</p> <p>Snack² WG Teddy Grahams (1 pack) Apple (1/2 c = 1/2 apple) Mozzarella Cheese Stick (1)</p>	<p>Breakfast¹ WG Pancake (1) Pears (1/2 c)</p> <p>Lunch¹ WG Grilled Cheese(EHS 1/2,HS 1) Tomato Soup (1 c) Mixed Vegetables (1/4 c) Orange Slices (1/4 c = 1/2 orange)</p> <p>Snack² Cucumber Coins (1/2 c) Hummus (1/8 c)</p>					

¹Milk

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

²Water served daily with snack

CACFP Requirements

WG = Whole Grain-Rich
*One Whole Grain-Rich item served daily.
Breakfast cereals and yogurt meet sugar limit.

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

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Friday

	26	27	28	29	30
<p>1 Breakfast¹ WG Pancake (1) Mandarin Oranges (1/2 c) Egg and Cheese Omelet (1)</p> <p>Lunch¹ Turkey Burger (1) WG Bun (1) Potato Salad (1/4 c) Tropical Fruit (1/4 c)</p> <p>Snack² WG Granola (1/8 c) Greek Vanilla Yogurt (1/4 c)</p>	 <p>Breakfast¹ WG Tostitos (1/2 c) Strawberries (1/2 c)</p> <p>Lunch¹ Tuna Twist Salad (1/4 c) WG Bun (1) Broccoli Slaw (1/4 c) Mango & Berries (1/4 c)</p> <p>Snack² WG Corn Tortilla Chips (7) Salsa (1/8 c) Mozzarella Cheese Stick (1)</p>	<p>Breakfast¹ WG Waffle Sticks (2) Tropical Fruit (1/2 c)</p> <p>Lunch¹ 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>Snack² WG Toast (1 slice) Watermelon (1/2 c)</p>	<p>Breakfast¹ WG French Toast Sticks (2) Fruited Applesauce (1/2 c)</p> <p>Lunch¹ Mediterranean Chicken (1) WG Brown Rice Pilaf (1/4 c) Sweet Pepper Slices (1/4 c) Banana (1/4 c=1/2 banana)</p> <p>Snack² WG Snack Mix (1/2 c) Pea Pods (1/2 c) Hardboiled Egg (1)</p>	<p>Breakfast¹ WG Apple Cinn Muffin (1/2) Orange Slices (1/2 c=1 orange)</p> <p>Lunch¹ WG Cheese and Black Bean Quesadilla (1) Tomato Slices (1/4 c) Raspberries (1/4 c)</p> <p>Snack² WG English Muffin (1/2 muffin) Pizza Sauce (1/8 c) Shredded Cheese (1/8 c)</p>	
HSCCC PM SNACK					
<p>WG Toast (1 slice) Pineapple (1/2 c)</p>	<p>WG Snack Mix (1/2 c) Peaches (1/2 c)</p>	<p>Ritz Crackers (5) Cottage Cheese (1/8 c)</p>	<p>WG Bagel (1/2) Mandarin Oranges (1/2 c)</p>	<p>WG Biscuit (1) Applesauce (1/2 c)</p>	

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