

# September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1	2	3	4	5	6
<b>REACH-UP CLOSED</b>		<p><b>Breakfast<sup>1</sup></b> WG Biscuit Strawberries Egg Patty</p> <p><b>Lunch<sup>1</sup></b> Chicken Roll Up WG Tortilla Diced Chicken Shredded Cheese Cucumbers Fruit Cocktail</p> <p><b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple</p>	<p><b>Breakfast<sup>1</sup></b> WG Bagel Tropical Fruit</p> <p><b>Lunch<sup>1</sup></b> Twisted Tuna Salad WG Bread Romaine Spinach Salad Cantaloupe</p> <p><b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt</p>	<p><b>Breakfast<sup>1</sup></b> WG French Toast Sticks Fruit Applesauce</p> <p><b>Lunch<sup>1</sup></b> Beef Patty WG Bun Pickles Bell Pepper Slices Banana</p> <p><b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods &amp; Carrots</p>	<p><b>Breakfast<sup>1</sup></b> WG Apple Cinn Muffin Pineapple</p> <p><b>Lunch<sup>1</sup></b> WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries</p> <p><b>Snack<sup>2</sup></b> WG English Muffin Pizza Sauce Shredded Cheese</p>
2	9	10	11	12	13
<p><b>Breakfast<sup>1</sup></b> Pancake Peaches Mozzarella Cheese Stick</p> <p><b>Lunch<sup>1</sup></b> Chicken Tenders Carrots Pears</p> <p><b>Snack<sup>2</sup></b> WG Graham Cracker Applesauce</p>	<p><b>Breakfast<sup>1</sup></b> WG Kix Apple</p> <p><b>Lunch<sup>1</sup></b> Sunbutter Sandwich Mozzarella Cheese Stick Peas Blackberries</p> <p><b>Snack<sup>2</sup></b> WG Tortilla Chips Salsa Pineapple</p>	<p><b>Breakfast<sup>1</sup></b> WG English Muffin Mango</p> <p><b>Lunch<sup>1</sup></b> Beef Meatballs Shredded Cheese WG Breadstick Mashed Potatoes Watermelon</p> <p><b>Snack<sup>2</sup></b> WG Blueberry Muffin Mixed Fruit Cocktail</p>	<p><b>Breakfast<sup>1</sup></b> WG Toast Sunshine Fruit</p> <p><b>Lunch<sup>1</sup></b> Chef Salad Deli Turkey Shredded Cheese WG Flatbread Romaine Spinach Salad Pineapple</p> <p><b>Snack<sup>2</sup></b> Ritz Crackers Cheese Slice</p>	<p><b>Breakfast<sup>1</sup></b> WG Waffle Sticks Pears and Blueberries</p> <p><b>Lunch<sup>1</sup></b> WG Cheese Pizza Cucumbers Strawberries</p> <p><b>Snack<sup>2</sup></b> Strawberry Banana Smoothie WG Bagel</p>	
3	16	17	18	19	20
<p><b>Breakfast<sup>1</sup></b> WG Bagel Orange Slices Egg Patty</p> <p><b>Lunch<sup>1</sup></b> WG Fish Nuggets WG Bread Stick Carrots Mixed Berries</p> <p><b>Snack<sup>2</sup></b> WG Toast Peaches</p>	<p><b>Breakfast<sup>1</sup></b> WG Apple Cinn Muff Pineapple</p> <p><b>Lunch<sup>1</sup></b> Chicken Salad Cheese Slice WG Bun Coleslaw Blueberries</p> <p><b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple</p>	<p><b>Breakfast<sup>1</sup></b> WG Pancake Strawberry Banana Smoothie</p> <p><b>Lunch<sup>1</sup></b> WG Beef Spaghetti Mozzarella Cheese Stick Cauli &amp; Broc Pears</p> <p><b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt</p>	<p><b>Breakfast<sup>1</sup></b> WG Tasteeos Pears &amp; Blueberries</p> <p><b>Lunch<sup>1</sup></b> WG Popcorn Chicken Bell Pepper Slices Banana</p> <p><b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods &amp; Carrots</p>	<p><b>Breakfast<sup>1</sup></b> WG French Toast Sticks Apricots</p> <p><b>Lunch<sup>1</sup></b> WG Bagel Egg Patty Cheese Slice Romaine Spinach Salad Peaches</p> <p><b>Snack<sup>2</sup></b> WG English Muffin Pizza Sauce Shredded Cheese</p>	
4	23	24	25	26	27
<p><b>Breakfast<sup>1</sup></b> WG Toast Strawberries Mozzarella Cheese Stick</p> <p><b>Lunch<sup>1</sup></b> BBQ Beef WG Dinner Roll Peas Tropical Fruit</p> <p><b>Snack<sup>2</sup></b> WG Graham Cracker Applesauce</p>	<p><b>Breakfast<sup>1</sup></b> WG Kix Apple</p> <p><b>Lunch<sup>1</sup></b> Vanilla Yogurt WG French Toast Sticks Carrots Blueberries &amp; Strawberries</p> <p><b>Snack<sup>2</sup></b> WG Tortilla Chips Salsa Pineapple</p>	<p><b>Breakfast<sup>1</sup></b> WG Waffle Sticks Sunshine Fruit</p> <p><b>Lunch<sup>1</sup></b> Chicken Taco WG Tortilla Shredded Cheese Romaine Spinach Salad Watermelon</p> <p><b>Snack<sup>2</sup></b> WG Blueberry Muffin Mixed Fruit Cocktail</p>	<p><b>Breakfast<sup>1</sup></b> WG English Muffin Peaches</p> <p><b>Lunch<sup>1</sup></b> Deli Turkey Slices WG Flatbread Cucumbers Blackberries</p> <p><b>Snack<sup>2</sup></b> Ritz Crackers Cheese Slice</p>	<p><b>Breakfast<sup>1</sup></b> WG Pancake Pears</p> <p><b>Lunch<sup>1</sup></b> WG Grilled Cheese Mixed Vegetables Pineapple</p> <p><b>Snack<sup>2</sup></b> Strawberry Banana Smoothie WG Bagel</p>	

**HSCCs PM SNACK**

Goldfish Mixed Fruit Cup	Nutrigrain Bar Peach Cup	Scooby Snacks Grahams Applesauce Cup	Tortilla Chips Salsa Cup	Kix Cup Fresh Cut Oranges
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<p><sup>1</sup> Milk</p> <p>Served daily with breakfast &amp; lunch</p> <p>1-yr-olds = unflavored whole milk</p> <p>2-yr-olds = unflavored 1% milk</p> <p>3-5-yr-olds = unflavored 1% milk</p> <p><sup>2</sup> Water served daily with snack</p>		<p><b>CACFP Requirements</b></p> <p>WG = Whole Grain-Rich</p> <p>*One whole grain-rich item served daily.</p> <p>Breakfast cereals and yogurt meet sugar limit.</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
1	<b>Breakfast<sup>1</sup></b> WG Biscuit Strawberries Yogurt  <b>Lunch<sup>1</sup></b> WG Egg & Cheese English Muffin Sandwich Peas and Carrots Pears & Blueberries  <b>Snack<sup>2</sup></b> WG Toast Peaches	<b>Breakfast<sup>1</sup></b> WG Tasteeos Mandarin Oranges  <b>Lunch<sup>1</sup></b> Chicken Roll Up WG Tortilla Diced Chicken Shredded Cheese Cucumbers Fruit Cocktail  <b>Snack<sup>2</sup></b> Mozzarella Cheese Stick Apple	<b>Breakfast<sup>1</sup></b> WG Bagel Tropical Fruit  <b>Lunch<sup>1</sup></b> Twisted Tuna Salad WG Bread Romaine Spinach Salad Cantaloupe  <b>Snack<sup>2</sup></b> WG Granola Greek Vanilla Yogurt	<b>Breakfast<sup>1</sup></b> WG French Toast Sticks Fruit Applesauce  <b>Lunch<sup>1</sup></b> Beef Patty WG Bun Pickles Bell Pepper Slices Banana  <b>Snack<sup>2</sup></b> WG Snack Mix Pea Pods & Carrots	<b>Breakfast<sup>1</sup></b> WG Apple Cinn Muffin Pineapple  <b>Lunch<sup>1</sup></b> WG Cheese and Black Bean Quesadilla Tomato Slices Blueberries  <b>Snack<sup>2</sup></b> WG English Muffin Pizza Sauce Shredded Cheese

HSCCCs PM SNACK				
Goldfish	Nutrigrain Bar	Scooby Snacks Grahams	Tortilla Chips	Kix Cup
Mixed Fruit Cup	Peach Cup	Applesauce Cup	Salsa Cup	Fresh Cut Oranges

<sup>1</sup> Milk Served daily with breakfast & lunch 1-yr-olds = unflavored whole milk 2-yr-olds = unflavored 1% milk 3-5-yr-olds = unflavored 1% milk  <sup>2</sup> Water served daily with snack	<b>CACFP Requirements</b> WG = Whole Grain-Rich *One whole grain-rich item served daily. Breakfast cereals and yogurt meet sugar limit.
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