



September 2019

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	2 CLOSED	3 B - Toast & bananas L - Turkey Sandwich/Carrots/Pears AM S - Nilla wafers/apples PM S - Soy butter & grahams	4 B - Bagels/Cream cheese L - Chicken Nuggets Green Beans/Peaches AM S - Cheese & crackers PM S - Rice Cakes w/ cream cheese	5 B - Cheerios/Orange Slices L - Mac & Cheese Corn/Apple sauce AM S - Cottage cheese/fruit PM S - Fruit Kabobs	6 B - English Muffin/Berries L - French Toast Stix/ham Peas/Pineapple AM S - Grapes/Grahams PM S - Fruit/Veggie Crackers	
	9 B - Bagels w/ Cream Cheese L - Spaghetti Peas/Pineapple AM S - Fruit/Rice Cakes PM S - Cheese & Crackers	10 B - Cheerios/orange slices L - Scrambled eggs Mixed Veggies/Applesauce AM S - Apples/Veggie crackers PM S - Chex Mix/Fruit	11 B - Toast & Jelly/Apple slices L - Meatballs & mashed potatoes Corn/Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	12 B - English Muffin/fresh fruit L - Pancakes & Sausage Green Beans/Pears AM S - Yogurt/Graham PM S - Apple & soy butter	13 B - Rice Krispies/ Fresh Fruit L - Corn Dogs Carrots & Fruit Cocktail AM S - Pretzels & raisins PM S - Cheese slices/Crackers	
	16 B - Bagels/Cream Cheese L - Pizza Rounds Peas/pears AM S - Apples /Nilla Wafers PM S - Berry Parfaits	17 B- Rice Krispies/Fresh Fruit L- Soy butter & Jelly sandwich Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit	18 B - Toast & Jelly/Banana L - Waffles & Sausage Green beans/Fruit cocktail AM S - Pretzels/Fruit PM S - Apple Cars	19 B - Cheerios/ Berries L - Mac & Cheese Corn/Pineapple AM S - Cheese/veggie crackers PM S - Rice Cake & raisins	20 B - English Muffins/Apple slices L - Ham sandwich Mixed Veggies/Peaches AM S - Soy butter& graham PM S - Cheese Stick & Oranges	
	23 B- Cheerios& Bananas L- Cheese Quesadillas Carrots/Pears AM S- Yogurt/Fruit PM S- Bananas/Chex Mix	24 B - Toast & Jelly/Apple slices L - Hot dogs/Corn/ Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	25 B - Bagels & Cream Cheese L - Fish Sticks Mixed Veggies/Fruit Cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	26 B - Rice Krispies/fresh fruit L - Spaghetti Beans/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples	27 B - Toast & Jelly/fresh fruit L - Sloppy Joes Peas/Pineapple AM S - Crackers & Cheese PM S - Pretzels/Fruit	
B = Breakfast L = Lunch S = Snacks	30 B - Muffins/Apple slices L - Soy Butter & Jelly sand Mixed veggies/Fruit cocktail AM S - Pretzels & Cheese PM S - Animal Crackers/Fruit					Milk served with breakfast and lunch. Water for snacks unless otherwise stated