



September 2022

Cycle Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 B - Cheerios/Orange Slices L - Ham sandwich Peas /Apple sauce AM S - Cottage cheese/fruit PM S - Pretzels & cheese	2 B - English Muffin/Berries L - French Toast Stix/ham Peas/Pineapple AN S - Grapes/Grahams PM S - Fruit/Veggie Crackers	
	5 Closed	6 B - Cheerios/orange slices L - Turkey Sandwich Mixed Veggies/Applesauce AM S - Apples/Nilla Waffers PM S - Chex Mix/Fruit	7 B - Toast & Jelly/Apple slices L - Meatballs & Noodles Corn/Peaches AM S - Veggie crackers/ Raisins PM S - Fruit Kabobs	8 B - English Muffin/fresh fruit L - Pancakes & Sausage Green Beans/Pears AM S - Yogurt/Graham PM S - Apple & soy butter	9 B - Rice Krispies/ Fresh Fruit L - Corn Dogs Carrots & Fruit Cocktail AM S - Pretzels & raisins PM S - Cheese slices/Crackers	
	12 B - Bagels/Cream Cheese L - Pizza Rounds Peas/pears AM S - Apples /Nilla Wafers PM S - Berry Parfaits	13 B- Rice Krispies/Fresh Fruit L- Soy butter & Jelly sandwich Carrots/Applesauce AM S- Bananas/ animal crackers PM S- Veggies Straws/ Fruit	14 B - Toast & Jelly/Banana L - Waffles & Sausage Green beans/Fruit cocktail AM S - Pretzels/Fruit PM S - Crackers & fruit	15 B - Cheerios/ Berries L - Mac & Cheese Corn/Pineapple AM S - Cheese/veggie crackers PM S - Rice Cake & raisins	16 B - English Muffins/Apple slices L - Ham sandwich Mixed Veggies/Peaches AM S - Soy butter& graham PM S - Cheese Stick & Oranges	
	19 B- Cheerios& Bananas L- Cheese Quesadillas Carrots/Pears AM S- Yogurt/Fruit PM S- Bananas/Chex Mix	20 B - Toast & Jelly/Apple slices L - Hot dogs/Corn/ Peaches AM S - Nila Wafers/Raisins PM S - Fruit Kabobs	21 B - Bagels & Cream Cheese L - Fish Sticks Mixed Veggies/Fruit Cocktail AM S - Graham Cracker/Fruit PM S - Apple slices/pretzels	22 B - Rice Krispies/fresh fruit L - Spaghetti Beans/Applesauce AM S - Cottage Cheese/Chex Mix PM S - Nilla Wafers/Apples	23 B - Toast & Jelly/fresh fruit L - Turkey sandwich Peas/Pineapple AM S - Crackers & Cheese PM S - Pretzels/Fruit	
B = Breakfast L = Lunch S = Snacks	26 B -Muffins/Apple slices L - Soy Butter & Jelly sand Mixed veggies/Fruit cocktail AM S - Pretzels & Cheese PM S - Animal Crackers/Fruit	27 B -Bagels w/ Cream Cheese L - Sloppy Joes Peas/Pineapple AM S -Fruit/Rice Cakes PM S - Cheese & Crackers	28 B- Cereal & fruit L - Mac & Cheese /Green beans/Applesauce AMS - yogurt & fruit PM S - Grapes & veggie crackers	29 B - English muffins & fruit L - Scrambled eggs/Corn/Pears AM S- Carrots/Crackers PM S - Pretzels & cheese	30 B - Bagels/Cream cheese L - Spaghetti/ Carrots/Peaches AM S - Cheese & crackers PM S - Rice Cakes w/ cream cheese	Milk served with breakfast and lunch. Water for snacks unless otherwise stated