

# September 2017

8/31/17 11:15 AM

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Fresh Fruit is served with Breakfast examples are Apples, Bananas, Grapes, Oranges, &amp; Pineapple</b></p>	<p><b>WG = Whole Grain = 16g or &gt;</b></p>			<p><b>1</b>                      B- Rice Krispies, Fruit, &amp; Milk                      L- Hot Ham n Cheese, Peas, Peaches, &amp; Milk                      S- Cheese Its, &amp; Juice</p>
<p><b>4</b>  <i>Happy Labor Day!!</i>  </p>	<p><b>5</b>                      B- WG Pancake on Stick, Fruit, &amp; Milk                      L- Hamburger Soup, Crackers, Applesauce, &amp; Milk                      S- Chips N Salsa, &amp; Juice</p>	<p><b>6</b>                      B- WG Apple Cini. Cheerios, Fruit, &amp; Milk                      L- Breakfast Casserole, Toast, Pears, &amp; Milk                      S- String Cheese, Crackers, &amp; Water</p>	<p><b>7</b> <i>PK Field Trip</i>                      B- Eggs, WG Toast, Fruit, &amp; Milk                      L- Turkey n Cheese Wrap, Pickle, Chips, Banana, &amp; Milk                      S- Penut Butter, Celery, Raisins, &amp; Water</p>	<p><b>8</b>                      B- Kix, Fruit, &amp; Milk                      L- Chicken Alfredo w/ WG Pasta, Broccoli, Tropical Fruit, &amp; Milk                      S- Goldfish, &amp; Juice</p>
<p><b>11</b>                      B- WG Corn Flakes, Fruit, &amp; Milk                      L- Cheese Tortellini, Broccoli, Applesauce, &amp; Milk                      S- Soft Pretzel, &amp; Juice</p>	<p><b>12</b>                      B- Glazed Biscuit, Fruit, &amp; Milk                      L- Stir Fried Chicken &amp; WG Rice, Peas &amp; Carrots, Pineapple, &amp; Milk                      S- Carrots w Ranch, &amp; Juice</p>	<p><b>13</b>                      B- WG Frosted Flakes, Fruit, &amp; Milk                      L- Ham n Potatoes Au gratin, B&amp;B Mandarin Oranges, &amp; Milk                      S- Cheese n Crackers, &amp; Juice</p>	<p><b>14</b>                      B- WG Pancake, Fruit, &amp; Milk                      L- Chicken Pot Pie, Peaches, &amp; Milk                      S- Yogurt, Granola, &amp; Water</p>	<p><b>15</b> <i>No School</i>                      B- Rice Krispies, Fruit, &amp; Milk                      L- Taco w/ WG Wrap, Refried Beans, Peas, &amp; Milk                      S- Sunbutter n Honey Sandwich &amp; Water</p>
<p><b>18</b>                      B- WG Cheerios, Fruit, &amp; Milk                      L- BBQ Chicken Wrap, Slaw, Pears, &amp; Milk                      S- Nachos, &amp; Juice</p>	<p><b>19</b>                      B- WG French Toast, Fruit, &amp; Milk                      L- Beef Stroganoff, Peas, Pineapple, &amp; Milk                      S- Penut Butter Crackers, &amp; Juice</p>	<p><b>20</b>                      B- WG Apple Cini. Cheerios, Fruit, &amp; Milk                      L- Chicken n Stuffing Casserole, Broccoli, Tropical Fruit, &amp; Milk                      S- Pretzel Goldfish, &amp; Juice</p>	<p><b>21</b> <i>PK Field Trip</i>                      B- WG Waffles, Fruit, &amp; Milk                      L- PB&amp;J Carrots w/ Ranch, Cutie, &amp; Milk                      S- Popcorn, &amp; Juice</p>	<p><b>22</b>                      B- Kix, Fruit, &amp; Milk                      L- Hamburger on WG Bun, F.F., Applesauce &amp; Milk                      S- Nutrigrain Bar, &amp; Milk</p>
<p><b>25</b>                      B- WG Corn Flakes, Fruit, &amp; Milk                      L- Chilli, Cheese n Crackers, Applesauce, &amp; Milk                      S- Ranch Crackers, &amp; Juice</p>	<p><b>26</b>                      B- WG Biscuits &amp; Gravy, Fruit, &amp; Milk                      L- Italian Breaded Chicken Breast, Carrots, Pears, &amp; Milk                      S- Cheese Its, &amp; Juice</p>	<p><b>27</b>                      B- WG Frosted Flakes, Fruit, &amp; Milk                      L- WG Burrito, Corn, Mandarin Oranges, &amp; Milk                      S- Chex Mix, &amp; Juice</p>	<p><b>28</b>                      B- Sausage, Eggs, Fruit, &amp; Milk,                      L- Pizza w/ WG Crust, Salad, Peaches, &amp; Milk                      S- Cheese Crackers, &amp; Juice</p>	<p><b>29</b>                      B- Rice Krispies, Fruit, &amp; Milk                      L- Chicken Patty on WG Bun, Green Beans Tropical Fruit, &amp; Milk                      S- Pretzels &amp; Juice</p>