

# Menu September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>B: Cereal, Fruit, Milk S1: Cheese Sticks, Sliced Apples, Whole Grain Crackers L: Baked Chicken Nuggets, Bakes Sweet Potato Fries, Zucchini/Squash, Fruit S2: Wheat Pretzels, Fruit</p>	<p>30</p> <p>B: Pancakes, Applesauce, Syrup, Milk S1: Sliced Peppers, Cucumbers, Hummus, Whole Wheat Pita L: Fresh Mac n' Cheese, Steamed Broccoli, Fruit S2: Rice Cake, Jam</p>	<p>31</p> <p>B: Cereal, Fruit, Milk S1: Apple Slices, Graham Crackers L: Meatballs, Bowtie Noodles, Optional Sauce, green beans, Fruit S2: Veggie Straws, Pepper strips</p>	<p>1</p> <p>B: Oatmeal, Milk, Fruit S1: Yogurt, Fruit, Granola L: Fish Sticks, Roasted Sweet Potato, Fruit S2: Sliced Peppers, Cucumbers, Hummus, Whole wheat pita</p>	<p>2</p> <p>B: French Toast Sticks, Apple sauce, Syrup, Milk S1: Challah and Grape Juice L: Pizza, Zucchini/Squash, Fruit S2: Crackers, Sliced Peppers, Black Beans</p>
<p>5</p> <p><b>CLOSED for Labor Day</b></p>	<p>6</p> <p>B: Cereal, Fruit, Milk S1: Orange Wedges, Raisin Bread L: Pasta with red cream sauce, Steamed Broccoli, Fruit S2: Black Beans, Cucumbers, Whole grain Crackers</p>	<p>7</p> <p>B: Oatmeal, Fruit, Milk S1: Sliced Apples, Whole Grain Crackers L: Turkey Sandwich with tomato, Sliced Cucumbers, Fruit S2: Rice Cake and Jam</p>	<p>8</p> <p>B: Bagels, Cream Cheese, Fruit, Milk S1: Yogurt, Fruit, Granola L: Fish Sticks, Sweet Potato Fries, Roasted Mixed Veggies, Fruit S2: Veggie Straws and Sliced Peppers</p>	<p>9</p> <p>Corn Muffin, Fruit, Milk S1: Challah and Grape Juice L: Grilled Cheese, Tomato Soup, Steamed Broccoli, Fruit S2: Wheat Pretzels and Raisins</p>
<p>12</p> <p>B: Cereal, Fruit, Milk S1: Orange Wedges, Raisin Bread L: Turkey Burger, Sweet Potato Fries, Sliced Tomatoes, Fruit S2: Black Beans, Cucumbers, Whole grain Crackers</p>	<p>13</p> <p>B: Oatmeal, Fruit, Milk S1: Yogurt and Granola L: Grilled Cheese, Tomato Soup, Steamed Broccoli, Fruit S2: Wheat Pretzels and Raisins</p>	<p>14</p> <p>B: Bagels, Cream Cheese, Fruit, Milk S1: Wheat Pretzels, Fruit L: Baked Chicken Nuggets, Bakes Sweet Potato Fries, Zucchini/Squash, Fruit S2: Cheese Slices, Sliced Apples, Whole Grain Crackers</p>	<p>15</p> <p>B: Cereal, Fruit, Milk S1: Sliced Peppers, Cucumbers, Hummus, Whole Wheat Pita L: Fresh Mac n' Cheese, Steamed Broccoli, Fruit S2: Vanilla Yogurt, Graham Crackers, Fruit</p>	<p>16</p> <p>B: Pancakes, Syrup, Milk, Fruit S1: Challah and Grape Juice L: Fish Sticks, Roasted Sweet Potato, Fruit S2: Sliced Peppers, Cucumbers, Hummus, Whole wheat pita</p>
<p>19</p> <p>B: Cereal, Fruit, Milk S1: Apple Slices, Graham Crackers L: Meatballs, Bowtie Noodles, Optional Sauce, Veggie, Fruit S2: Veggie Straws, Pepper strips</p>	<p>20</p> <p>B: French Toast Sticks, Syrup, Fruit, Milk S1: Apple Slices, Graham Crackers L: Grilled Cheese, Tomato Soup, Steamed Broccoli, Fruit S2: Vanilla Yogurt, Graham Crackers, Fruit</p>	<p>21</p> <p>B: Oatmeal, Milk, Fruit S1: Sliced Apples, Whole Grain Crackers L: Baked Chicken Nuggets, Bakes Sweet Potato Fries, Zucchini/Squash, Fruit S2: Wheat Pretzels, Fruit</p>	<p>22</p> <p>B: Pancakes, Syrup, Fruit, Milk S1: Sliced Peppers, Cucumbers, Hummus, Whole wheat pita L: Fish Sticks, Roasted Sweet Potato, Fruit S2: Sliced apples and cheese sticks</p>	<p>23</p> <p>B: Cereal, Fruit, Milk S1: Challah and Grape Juice L: Fresh Mac n' Cheese, Steamed Broccoli, Fruit S2: Honey Cake and Milk</p>
<p>26</p> <p><b>CLOSED for Rosh Hashanah</b></p>	<p>27</p> <p>B: Cereal, Fruit, Milk S1: Yogurt, Fruit, Granola L: Fish Sticks, Sweet Potato Fries, Roasted Mixed Veggies, Fruit S2: Honey Cake</p>	<p>28</p> <p>B: Oatmeal, Fruit, Milk S1: Sliced Apples, Whole Grain Crackers L: Turkey Sandwich with tomato, Sliced Cucumbers, Fruit S2: Rice Cake and Jam</p>	<p>29</p> <p>B: Blueberry Muffin, Fruit, Milk S1: Orange Wedges, Raisin Bread L: Pasta with red cream sauce, Steamed Broccoli, Fruit S2: Wheat Pretzels, Fruit</p>	<p>30</p> <p>B: Pancakes, Apple sauce, Syrup, Milk S1: Challah and Grape Juice L: Pizza, Zucchini/Squash, Fruit S2: Crackers, Sliced Peppers, Black Beans</p>