

September 2022
Breakfast




<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			1 Hard Boiled Eggs Cucumbers Milk	2 Oatmeal Watermelon Milk
5 Labor Day School Closed	6 Cereal: Cheerios Banana Milk	7 Bread & Jam Apple Sauce Milk	8 Baked Cinnamon Pita Clementines Milk	9 Apple Sauce Muffins Watermelon Milk
12 Cereal: Rice Krispies Apple Milk	13 Cinnamon Couscous Banana Milk	14 Carrots Muffins Apple Sauce Milk	15 Hard Boiled Eggs Sliced Cucumbers Milk	16 Cream of Wheat Watermelon Milk
19 Cereal: Corn Flakes Apple Milk	20 Oatmeal & Craisins Banana Milk	21 Pancakes Apple Sauce Milk	22 Baked Cinnamon Oatmeal Clementines Milk	23 Blueberry Muffins Watermelon Milk
26 Rosh Hashanah 	27 Rosh Hashanah	28 French Toast Apple Sauce Milk	29 Banana Bread Clementines Milk	30 CO-Co Wheats Watermelon Milk

Whole, unflavored milk is served to 1 year olds
Skim, unflavored milk is served to children ages 2 and older

September 2022
Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 (WG) Mac N Beef Garden-Romaine Salad Watermelon, Milk	2 (WG) Cheesy Noodle Kugel Vegetable Soup Peaches, Milk
5 Labor Day School Closed	6 Chicken Cacciatore Brown Rice Yellow Wax Beans Cantaloupe, Milk	7 (WG) Mac N' Cheese Peas & Carrots Watermelon, Milk	8 Hamburger Sliders (WG) Buns Creamy Coleslaw Pineapple, Milk	9 Cheesy Spinach Squares (WG) Roll Minestrone Soup Orange, Milk
12 (WG) Cheesy Baked Ziti Lentil-Mushroom Soup Clementines, Milk	13 Sweet & Sour Chicken Brown Rice Glazed Carrots Cantaloupe, Milk	14 Egg Salad (WG) Pita Sliced Pickles & Tomatoes, Watermelon, Milk	15 Sloppy Joe (WG) Bun French Fries, Pickles Pineapple, Milk	16 Tuna Loaf (WG) Israeli Couscous Baked Sweet Potato Orange, Milk
19 Hummus Falafel (WG) Pita Coleslaw Clementines, Milk	20 Stir Fry Chicken & Veg (WG) Sesame Noodles Cantaloupe, Milk	21 Black Bean Chili Shredded Cheese (WG) Tortilla Chips Sliced Cucumbers Watermelon, Milk	22 (WG) Spaghetti & Meat Sauce Garden Romaine Salad Pineapple, Milk	23 (WG) Grilled Cheese Sandwich Tomato Soup W/rice Orange, Milk
26 Rosh Hashanah 	27 Rosh Hashanah	28 Dairy Quiche (WG) Rolls Split Pea Soup Watermelon, Milk	29 Meatloaf Confetti Brown Rice Green Beans Pineapple, Milk	30 Vegetarian Chili Shredded Cheese (WG) Corn Bread Orange, Milk

Whole, unflavored milk is served to 1-year olds
Skim, or low fat (1%) unflavored milk is served to children ages 2 and older
All Grain items served are whole Grain-rich/enriched

- On Tuesdays & Thursdays milk for lunch is served at 10:30 am (an hour before Lunch is served)

September 2022 Snack



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tortilla Chips Salsa Wheat Crackers Hummus	2 Cereal: Corn Chex Milk Tea Biscuits Banana
5 Cottage Cheese Diced Pineapple Animal Crackers Milk	13 Pita Hummus Tea Biscuits Orange	14 Snack Crackers Sliced Cheese Cereal: Rice Krispies Milk	15 Animal Crackers Apple Sauce Pasta Salad	16 French Fries W/Shredded Cheese Topping Banana Milk
12 Garlic Pita Sliced Cucumbers Rice Cakes & Jam Milk	13 Tortilla Chips Salsa Hummus Pita	14 Baked Sweet Potato Shredded Cheese Topping Yogurt Alef-Beit Crackers	15 Graham Crackers Apple Sauce Egg Salad Wheat Crackers	16 Cereal: Corn Flakes Milk Tea Biscuits Banana
19 Yogurt Diced Pineapple Couscous Salad	20 Animal Crackers Orange Tuna Salad Snack Crackers	21 Cottage Cheese Diced Peaches Cereal: Cheerios Milk	22 Tortilla Chips Salsa Hummus Wheat Crackers	23 Cinnamon Pita Milk Tea Biscuits Orange
26 Rosh Hashanah 	27 Rosh Hashanah	28 Yogurt Animal Crackers Rice Cakes & Jam Milk	29 Graham Crackers Apple Sauce Tortilla Chips Salsa	30 Snack Crackers Sliced Cheese Cereal: Corn Flakes Milk

Whole, unflavored milk is served to 1-year Olds
Skim, or low fat (1%) unflavored milk is served to children ages 2 and older