

SEPTEMBER

30 <u>AM Snack</u> Peaches w/ cottage cheese <u>Lunch</u> Turkey & cheese slices w/ crackers and lima beans <u>PM Snack</u> Graham Crackers & milk <u>Extended Snack</u> Nutri Grain Bar & fruit	31 <u>AM Snack</u> String Cheese & crackers <u>Lunch</u> Bean & cheese Quesadilla w/ corn <u>PM Snack</u> Celery w/ ranch & juice <u>Extended Snack</u> Graham Crackers & milk	1 <u>AM Snack</u> Cereal & milk <u>Lunch</u> Pasta w/ Marinara & snap peas <u>PM Snack</u> Cheez its & fruit leather <u>Extended Snack</u> Celery w/ ranch & juice	2 <u>AM Snack</u> Mandarin Oranges w/ rice cakes <u>Lunch</u> Grilled Cheese w/ mixed veggie <u>PM Snack</u> Tortilla Chips w/ Salsa <u>Extended Snack</u> Cheez Its & fruit leather	3 <u>AM Snack</u> French toast w/ Syrup & milk <u>Lunch</u> Ham and cheese cubes w/ avocado & apple slices <u>PM Snack</u> Pepperoni w/ crackers <u>Extended Snack</u> Tortilla Chips w/ Salsa
6 Labor Day No School	7 <u>AM Snack</u> Yogurt w/ strawberries <u>Lunch</u> Mac and Cheese w/ broccoli <u>PM Snack</u> Jello & pretzels <u>Extended Snack</u> Pits w/ Hummus	8 <u>AM Snack</u> French toast sticks w/ syrup w/ blueberries <u>Lunch</u> English muffin pizza w/ carrots & apple slices <u>PM Snack</u> Vanilla wafers & fruit leather <u>Extended Snack</u> Jello & pretzels	9 <u>AM Snack</u> Tropical Fruit & cereal <u>Lunch</u> Turkey and Cheese rolls w/ pickles & tomato slices <u>PM Snack</u> Ritz Bitz & milk <u>Extended Snack</u> Vanilla Wafers & fruit leather	10 <u>AM Snack</u> Chocolate Pudding & String cheese <u>Lunch</u> Black Bean and Cheese Burrito w/ olives <u>PM Snack</u> Chex mix & juice <u>Extended Snack</u> Ritz Bitz & milk
13 <u>AM Snack</u> Applesauce & goldfish <u>Lunch</u> Chicken and rice w/ green beans <u>PM Snack</u> Ritz w/ sun butter <u>Extended Snack</u> Chex Mix & milk	14 <u>AM Snack</u> Fruit & cottage cheese <u>Lunch</u> Alfredo pasta w/ broccoli & fruit <u>PM Snack</u> Fig Newton & juice <u>Extended Snack</u> Ritz w/ sun butter	15 <u>AM Snack</u> Yogurt w/ Granola <u>Lunch</u> Pancakes and syrup w/ Turkey sausage <u>PM Snack</u> Pretzels & fruit leather <u>Extended Snack</u> Fig Newton & juice	16 <u>AM Snack</u> Cereal & milk <u>Lunch</u> Grilled Chicken w/ corn and BBQ sauce <u>PM Snack</u> Pears w/ cottage cheese <u>Extended Snack</u> Pretzels & fruit leather	17 <u>AM Snack</u> Waffles w/ Syrup & milk <u>Lunch</u> Parmesan crusted pasta w/ mixed veggie <u>PM Snack</u> Teddy Grahams & juice <u>Extended Snack</u> Pears w/ cottage cheese
20 <u>AM Snack</u> Pita bread w/ hummus <u>Lunch</u> Fish & chips w/ sweet potato tots <u>PM Snack</u> Rice cakes w/ sunbutter <u>Extended Snack</u> Pepperoni & crackers	21 <u>AM Snack</u> Animal crackers & chocolate pudding <u>Lunch</u> Soft chicken tacos w/ refried beans & olives <u>PM Snack</u> Apple sauce & animal crackers <u>Extended Snack</u> Rice cakes w/ sunbutter	22 <u>AM Snack</u> Yogurt w/ Strawberries <u>Lunch</u> Chicken Nuggets w/ cheese cubes & fruit <u>PM Snack</u> Cheese cubes & saltines <u>Extended Snack</u> Apple sauce & animal crackers	23 <u>AM Snack</u> Cereal & milk <u>Lunch</u> Meatball Sub w/ green beans <u>PM Snack</u> Cheez Its & fruit <u>Extended Snack</u> Cheese cubes & saltines	24 <u>AM Snack</u> Goldfish & Pineapple <u>Lunch</u> French bread pizza w/ fruit leather & milk <u>PM Snack</u> Pepperoni & crackers <u>Extended Snack</u> Cheez Its & fruit