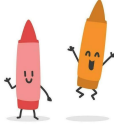





SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 - LABOR DAY	2	3	4	5
Brkfst		WG English Muffin & Sunbutter Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Sliced Peaches & Milk	WG Bagel & Strawberry Cream Cheese Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM		Ham, Club Cracker & Water	Animal Crackers & Milk	Bean & Corn Salsa & WG Tortilla Chips	Cinnamon Tortilla & Applesauce
Lunch		Roast Beef & Gravy SIDES: Mashed Potatoes Grapes WG Dinner Roll Milk	Sweet & Sour Meatballs Brown Rice SIDES: Stir Fry Vegetables Citrus Fruit Bowl Milk	BBQ Chicken Breast & WG Dinner Roll SIDES: Crinkle Cut Fries Blueberries Ketchup Milk	Cheese Lasagna SIDES: Steamed Green Beans Mandarin Oranges Milk
PM		Caprese Salad & Breadstick	Snickerdoodle Hummus & Graham Crackers	Cornbread & Milk	Rainbow Vegetables & Ritz Crackers
	8	9	10	11	12
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG English Muffin & Sunbutter Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Sliced Peaches & Milk	WG Bagel & Strawberry Cream Cheese Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Gogurt & Animal Crackers WG Chicken Strips	WG Cheerios & Banana Beef Nacho Supreme with Cheese	Cheese Stick & WG Goldfish Pork Tenderloin on WG Bun	Cucumber slices, Ranch & Club Crackers Chicken Alfredo & WG Pasta	Croissant & Milk Toasted Cheese WG Sandwich
Lunch	SIDES: Au Gratin Potatoes Mixed Fruit Ketchup Milk	SIDES: Refried Beans Shredded Lettuce Diced Peaches Milk	SIDES: Island Vegetables Fresh Orange Wedges Ketchup Milk	SIDES: Steamed Green Beans Pineapple Tidbits  Milk	SIDES: Fresh Broccoli Diced Pears Ranch Milk
PM	Cinnamon Bread & Milk	Ham/Cream Cheese Tortilla Pinwheels	Blueberry Muffin Bars & Milk	Saltines & Sliced Cheese	Sidekick & WG Graham Crackers
	15	16	17	18	19
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG English Muffin & Sunbutter Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Sliced Peaches & Milk	WG Bagel & Strawberry Cream Cheese Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Homemade Trail Mix & Diced Peaches WG French Toast Sticks & Sausage Patty	Turkey/Cream Cheese Tortilla Pinwheels Sliced Ham with Dinner Roll	Seasoned Oyster Crackers & Milk WG Popcorn Chicken	English Muffin w/ Jelly & Milk Chicken and Gravy & Dinner Roll	Cottage Cheese Dip & Ritz Crackers Fish Filet & Mac & Cheese
Lunch	SIDES: Triangle Potato Fresh Apple Wedges Ketchup Milk	SIDES: Baked Potato Mixed Fruit  Milk	SIDES: Baked Beans Kiwi Milk	SIDES: Mashed Potatoes Banana Milk	SIDES: Tossed Salad Diced Pears Ranch & Tartar Sauce Milk
PM	Yogurt, WG Granola or WG Cheerios & Water	Goldfish & Banana	Sliced Cheese & Saltines	Apple Slices & WG Animal Crackers	WG Flatbread & Milk
	22	23	24 - IOWA LOCAL FOOD DAY	25	26 - HOMECOMING
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG English Muffin & Sunbutter Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Sliced Peaches & Milk	WG Bagel & Strawberry Cream Cheese Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Kix Cereal & Mixed Fruit Beef & Noodles	Baby Carrots, Ranch & WG Graham Cracker Scrambled Eggs with Ham & Waffles	Yogurt & Animal Crackers BBQ Pulled Pork Sandwich on WG Bun	Oatmeal Muffin Bars & Milk WG Macaroni & Cheese with Ham WG Breadstick	Cheese & WG Pretzels Wahler Wins! Walking Taco
Lunch	SIDES: Country Vegetables Cinnamon Apple Slices Milk	SIDES: Carrot Coins Applesauce  Milk	SIDES: Local Corn Local Apples  Ketchup Milk	SIDES: Steamed Broccoli Cantaloupe Milk	SIDES: Marching Band Black Beans Linebacker Shredded Lettuce Punt Return Diced Peaches  Milk
PM	Tortilla with Sunbutter	WG Breadstick & Milk	WG Bagel w/ Cream Cheese & Milk	Ritz Crackers & Sliced Cheese	Diced Pears & Buttered Bread
	30	31	October 1	2	3
Brkfst	WG Kix Cereal Bowl Pineapple Tidbits & Milk	WG English Muffin & Sunbutter Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Sliced Peaches & Milk	WG Bagel & Strawberry Cream Cheese Mixed Fruit & Milk	WG Red. Sugar Cinnamon Toast Crunch Applesauce & Milk
AM	Goldfish & Applesauce Chicken Patty Sandwich on WG Bun	Jelly on WG Bread & Milk Cheese Pizza	Homemade Banana Bread & Milk Salisbury Steak & Dinner Roll	WG Bagel w/ Cream Cheese & Milk Breakfast Sandwich on WG Bun	Hard Boiled Egg & Club Cracker WG Tony's Cheesesticks & Marinara
Lunch	SIDES: Emoji Fries Fresh Pear Wedges  Ketchup Milk	SIDES: Baby Carrots Pineapple Tidbits Ranch Milk	SIDES: Mashed Potatoes with Gravy Banana Milk	SIDES: Steamed Peas Mandarin Oranges Milk	SIDES: Steamed Broccoli Mixed Fruit Milk
PM	WG Graham Crackers & Cheesestick	Croissant & Orange Slices	Turkey & Ritz Crackers	Gogurt & WG Pretzels	Homemade Yogurt Dip & Apple Slices

*Menu subject to change without notice

*WG = Whole Grain Rich Items

Milk = Whole for 2 and under, Skim for 2+ year olds

*This institution is an equal opportunity provider.