

|        | Monday<br>1 - LABOR DAY                                                                                                                                       | Tuesday<br>2                                                                                                                                                            | Wednesday<br>3                                                                                                                                                             | Thursday<br>4                                                                                                                                                               | Friday<br>5                                                                                                                                                                                           |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brkfst |                                                                                                                                                               | IFC or Yogurt<br>Diced Pears & HM or IFF                                                                                                                                | IFC or Hard Boiled Egg<br>Sliced Peaches & HM or IFF                                                                                                                       | IFC or Cheese Cubes<br>Mixed Fruit & HM or IFF                                                                                                                              | IFC or Yogurt<br>Applesauce & HM or IFF                                                                                                                                                               |
| AM     |                                                                                                                                                               | HM or IFF, Diced Peaches, Club Cracker                                                                                                                                  | HM or IFF, Applesauce, Goldfish                                                                                                                                            | HM or IFF, Pineapple, Bread Slice                                                                                                                                           | HM or IFF, Sliced Peaches, WG Tortilla                                                                                                                                                                |
| Lunch  |                                                                              | Roast Beef<br><br>SIDES:<br>Mashed Potatoes<br>Applesauce<br><br>HM or IFF                                                                                              | Plain Meatballs<br><br>SIDES:<br>Stir Fry Vegetables<br>Pineapple Tidbits<br><br>HM or IFF                                                                                 | Baked Chicken Breast<br><br>SIDES:<br>Carrot Coins<br>Sliced Peaches<br><br>HM or IFF                                                                                       | Sliced Cheese & Bread Slice<br><br>SIDES:<br>Steamed Green Beans<br>Mandarin Oranges<br><br>HM or IFF                                                                                                 |
| PM     |                                                                                                                                                               | HM or IFF, Broccoli, Breadstick                                                                                                                                         | HM or IFF, Carrot Coins, Graham Cracker                                                                                                                                    | HM or IFF, Stir fry Veggies, Cornbread                                                                                                                                      | HM or IFF, Carrot Coins, Saltines                                                                                                                                                                     |
|        | 8                                                                                                                                                             | 9                                                                                                                                                                       | 10                                                                                                                                                                         | 11                                                                                                                                                                          | 12                                                                                                                                                                                                    |
| Brkfst | IFC or Cottage Cheese<br>Pineapple Tidbits & HM or IFF                                                                                                        | IFC or Yogurt<br>Diced Pears & HM or IFF                                                                                                                                | IFC or Hard Boiled Egg<br>Sliced Peaches & HM or IFF                                                                                                                       | IFC or Cheese Cubes<br>Mixed Fruit & HM or IFF                                                                                                                              | IFC or Yogurt<br>Applesauce & HM or IFF                                                                                                                                                               |
| AM     | HM or IFF, Mandarin Oranges, Graham Cracker                                                                                                                   | HM or IFF, Mixed Fruit, WG Cheerios                                                                                                                                     | HM or IFF, Diced Peaches, Goldfish                                                                                                                                         | HM or IFF, Mandarin Oranges, Club Crackers                                                                                                                                  | HM or IFF, Pineapple, WG Cheerios                                                                                                                                                                     |
| Lunch  | Baked Chicken Breast<br><br>SIDES:<br>Steamed Peas<br>Mixed Fruit<br><br>HM or IFF                                                                            | Soft Shell Beef Taco on WG Tortilla<br><br>SIDES:<br>Refried Beans<br>Diced Peaches<br><br>HM or IFF                                                                    | Cottage Cheese<br><br>SIDES:<br>Island Vegetables<br>Mandarin Oranges<br><br>HM or IFF                                                                                     | Diced Chicken<br><br>SIDES:<br>Steamed Green Beans<br>Pineapple Tidbits<br><br>HM or IFF | Toasted Cheese Sandwich<br><br>SIDES:<br>Carrot Coins<br>Diced Pears<br><br>HM or IFF                                                                                                                 |
| PM     | HM or IFF, Green Beans, WG Bread Slice                                                                                                                        | HM or IFF, Peas, Tortilla                                                                                                                                               | HM or IFF, Refried Beans, Blueberry Muffin Bar                                                                                                                             | HM or IFF, Island Veggies, Ritz Crackers                                                                                                                                    | HM or IFF, Green Beans, Graham Cracker                                                                                                                                                                |
|        | 15                                                                                                                                                            | 16                                                                                                                                                                      | 17                                                                                                                                                                         | 18                                                                                                                                                                          | 19                                                                                                                                                                                                    |
| Brkfst | IFC or Yogurt<br>Pineapple Tidbits & HM or IFF                                                                                                                | IFC or Cottage Cheese<br>Diced Pears & HM or IFF                                                                                                                        | IFC or Hard Boiled Egg<br>Sliced Peaches & HM or IFF                                                                                                                       | IFC or Yogurt<br>Mixed Fruit & HM or IFF                                                                                                                                    | IFC or Cheese Cubes<br>Applesauce & HM or IFF                                                                                                                                                         |
| AM     | HM or IFF, Diced Pears, Saltines                                                                                                                              | HM or IFF, Applesauce, WG Tortilla                                                                                                                                      | HM or IFF, Mixed Fruit, WG Bread Slice                                                                                                                                     | HM or IFF, Pineapple, English Muffin                                                                                                                                        | HM or IFF, Banana, Ritz Crackers                                                                                                                                                                      |
| Lunch  | WG French Toast Sticks & Sausage Patty<br><br>SIDES:<br>Triangle Potato<br>Applesauce<br><br>HM or IFF                                                        | Yogurt<br><br>SIDES:<br>Baked Potato<br>Mixed Fruit<br><br>HM or IFF                 | Baked Chicken Breast<br><br>SIDES:<br>Baked Beans<br>Pineapple Tidbits<br><br>HM or IFF                                                                                    | Chicken and Gravy over Mashed Potatoes<br><br>SIDES:<br>Mashed Potatoes<br>1/2 Banana<br><br>HM or IFF                                                                      | Fish Filet<br><br>SIDES:<br>Steamed Peas<br>Diced Pears<br><br>HM or IFF                                                                                                                              |
| PM     | HM or IFF, Carrot Coins, WG Cheerios                                                                                                                          | HM or IFF, Diced Peaches, Goldfish                                                                                                                                      | HM or IFF, Diced Peaches, Saltines                                                                                                                                         | HM or IFF, Baked Beans, Cheerios                                                                                                                                            | HM or IFF, Mixed Fruit, WG Flatbread                                                                                                                                                                  |
|        | 22                                                                                                                                                            | 23                                                                                                                                                                      | 24 - IOWA LOCAL FOOD DAY                                                                                                                                                   | 25                                                                                                                                                                          | 26 - HOMECOMING                                                                                                                                                                                       |
| Brkfst | IFC or Cottage Cheese<br>Pineapple Tidbits & HM or IFF                                                                                                        | IFC or Yogurt<br>Diced Pears & HM or IFF                                                                                                                                | IFC or Hard Boiled Egg<br>Sliced Peaches & HM or IFF                                                                                                                       | IFC or Cheese Cubes<br>Mixed Fruit & HM or IFF                                                                                                                              | IFC or Yogurt<br>Applesauce & HM or IFF                                                                                                                                                               |
| AM     | HM or IFF, Diced Pears, Saltines                                                                                                                              | HM or IFF, Cooked Apple Slices, Graham Cracker                                                                                                                          | HM or IFF, Applesauce, Goldfish                                                                                                                                            | HM or IFF, Mixed Fruit, Oatmeal Muffin Bars                                                                                                                                 | HM or IFF, Applesauce, Club Crackers                                                                                                                                                                  |
| Lunch  | Beef & Noodles<br><br>SIDES:<br>Country Vegetables<br>Cooked Apple Slices<br><br>HM or IFF                                                                    | Scrambled Eggs with Ham<br><br>SIDES:<br>Carrot Coins<br>Applesauce<br><br>HM or IFF | Sliced Cheese & Bread Slice<br><br>SIDES:<br>Local Corn<br>Mixed Fruit<br><br>HM or IFF | WG Macaroni & Cheese with Ham<br><br>SIDES:<br>Steamed Broccoli<br>Applesauce<br><br>HM or IFF                                                                              | Taco Meat with Tortilla<br><br>SIDES:<br>Marching Band Black Beans<br>Punt Return Diced Peaches<br><br>HM or IFF |
| PM     | HM or IFF, Peas, WG Tortilla                                                                                                                                  | HM or IFF, Country Vegetables, Breadstick                                                                                                                               | HM or IFF, Carrot Coins, WG Bagel                                                                                                                                          | HM or IFF, Corn, Ritz Crackers                                                                                                                                              | HM or IFF, Broccoli, WG Bread Slice                                                                                                                                                                   |
|        | 30                                                                                                                                                            | 31                                                                                                                                                                      | October 1                                                                                                                                                                  | 2                                                                                                                                                                           | 3                                                                                                                                                                                                     |
| Brkfst | IFC or Cottage Cheese<br>Pineapple Tidbits & HM or IFF                                                                                                        | IFC or Yogurt<br>Diced Pears & HM or IFF                                                                                                                                | IFC or Hard Boiled Egg<br>Sliced Peaches & HM or IFF                                                                                                                       | IFC or Cheese Cubes<br>Mixed Fruit & HM or IFF                                                                                                                              | IFC or Yogurt<br>Applesauce & HM or IFF                                                                                                                                                               |
| AM     | HM or IFF, Diced Peaches, Goldfish                                                                                                                            | HM or IFF, Diced Pears, WG Bread                                                                                                                                        | HM or IFF, Pineapple, Banana Bread                                                                                                                                         | HM or IFF, Banana, WG Bagel                                                                                                                                                 | HM or IFF, Mandarin Oranges, Club Crackers                                                                                                                                                            |
| Lunch  | Baked Chicken Breast<br><br>SIDES:<br>Corn<br>Diced Pears<br><br>HM or IFF | Cottage Cheese<br><br>SIDES:<br>Carrot Coins<br>Pineapple Tidbits<br><br>HM or IFF                                                                                      | Salisbury Steak<br><br>SIDES:<br>Mashed Potatoes<br>1/2 Banana<br><br>HM or IFF                                                                                            | Breakfast Sandwich on WG Bread<br>Sausage, Egg, & Cheese<br>SIDES:<br>Steamed Peas<br>Mandarin Oranges<br><br>HM or IFF                                                     | Sliced Cheese & Bread Slice<br><br>SIDES:<br>Steamed Broccoli<br>Mixed Fruit<br><br>HM or IFF                                                                                                         |
| PM     | HM or IFF, Black Beans, Graham Cracker                                                                                                                        | HM or IFF, Corn, Saltines                                                                                                                                               | HM or IFF, Carrot Coins, Ritz Crackers                                                                                                                                     | HM or IFF, Mixed Fruit, Cheerios                                                                                                                                            | HM or IFF, Peas, Graham Cracker                                                                                                                                                                       |

\*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk IFF - Iron Fortified Formula

\*This institution is an equal opportunity provider.