



	Monday September 29	Tuesday 30	Wednesday October 1	Thursday 2	Friday 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	WG Goldfish & Applesauce	Jelly on WG Bread & Milk	Homemade Banana Bread & Milk	Hard Boiled Egg & Club Cracker	WG Bagel w/ Cream Cheese & Milk
Lunch	Chicken Patty Sandwich on WG Bun SIDES: Potato Smiles Fresh Pear Wedges Ketchup Milk	Cheese Pizza SIDES: Baby Carrots Pineapple Tidbits  Ranch Milk	Salisbury Steak & Dinner Roll SIDES: Mashed Potatoes with Gravy Banana Milk	Breakfast Sandwich on WG Bun SIDES: Steamed Peas Mandarin Oranges Milk	WG Tony's Cheesesticks & Marinara SIDES: Steamed Broccoli Mixed Fruit Milk
PM	WG Graham Crackers & Cheesestick	Croissant & Orange Slices	Turkey & Ritz Crackers	Gogurt & Pretzels	Homemade Yogurt Dip & Apple Slices
	6	7 - National Taco Day	8 - Great Apple Crunch	9	10 - SJW & HG ONLY
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	Turkey on WG Bread	Cheese Cubes & WG Flatbread	WG Kix Cereal & Diced Pears	Homemade Pumpkin Bread & Milk	Homemade Trail Mix & Milk
Lunch	Hamburger on WG Bun SIDES: Tossed Salad Cinnamon Apple Slices Ketchup & Ranch Milk	Soft Shell Chicken Taco on WG 8" Tortilla  SIDES: Black Beans Shredded Lettuce Apricots Milk NATIONAL TACO DAY	WG Chicken Nuggets SIDES: Corn Local Apples  Ketchup Milk	WG Spaghetti with Meaty Marinara SIDES: Fresh Cauliflower Banana Ranch Milk	Tuna WG Noodle Casserole SIDES: Steamed Broccoli Applesauce Milk
PM	Mango Smoothie & WG Graham Cracker	Seasoned Oyster Crackers & Applesauce	WG English Muffin w/ Jelly & Milk	Hard Boiled Egg & Pretzels	Cheese Stick & Orange Slices
	NATIONAL SCHOOL LUNCH WEEK				
	13	14	15	16	17
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	Cheese Cubes & Saltines	Ham, Club Cracker & Water	Animal Crackers & Milk	Bean & Corn Salsa & Tortilla Chips	Cinnamon WG Tortilla & Applesauce
Lunch	Sloppy Joe on WG Bun  SIDES: Calico Beans Diced Peaches Milk	Roast Beef & Gravy w/ WG Dinner Roll SIDES: Mashed Potatoes Grapes Milk	Sweet & Sour Meatballs Brown Rice Stir Fry Vegetables Citrus Fruit Bowl  Milk	BBQ Chicken Breast & WG Dinner Roll SIDES: Carrot Coins Blueberries Milk	WG Cheese Lasagna SIDES: Steamed Green Beans Mandarin Oranges  Milk
PM	Jelly on WG Bread & Milk	Caprese Salad & WG Breadstick	Snickerdoodle Hummus & WG Graham Crackers	Cornbread & Milk	Rainbow Vegetables & Ritz Crackers
	20	21	22	23	24
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 Cheerios & Banana	Cheese Stick & WG Goldfish	Cucumber slices, Ranch & Club Crackers	WG Croissant & Milk
Lunch	WG Chicken Strips SIDES: Au Gratin Potatoes Applesauce  Milk	Beef WG Nacho Supreme with Cheese SIDES: Refried Beans Shredded Lettuce Diced Peaches Milk	Pork Tenderloin on WG Bun SIDES: Island Vegetables Fresh Orange Wedges Ketchup Milk	Chicken Alfredo & WG Pasta SIDES: Steamed Green Beans Pineapple Tidbits Milk	Toasted Cheese WG Sandwich SIDES: Fresh Broccoli Diced Pears Ranch Milk
PM	Cinnamon WG Bread & Milk	Ham/Cream Cheese WG Tortilla Pinwheels	Blueberry Muffin Bars & Milk	Saltines & Sliced Cheese	Sidekick & WG Graham Crackers
	27	28	29	30 - SJW & HG ONLY	31 - HALLOWEEN, SJW & HG ONLY
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	Turkey/Cream Cheese Tortilla Pinwheels	Seasoned Oyster Crackers & Milk	English Muffin w/ Jelly & Milk	Cottage Cheese Dip & Ritz Crackers
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Fresh Apple Wedges Ketchup Milk	Sliced Ham with WG Dinner Roll SIDES: Baked Potato Mixed Fruit Milk	BBQ Pulled Pork Sandwich on WG Bun SIDES: Baked Beans Kiwi Milk	Chicken and Gravy & WG Dinner Roll SIDES: Mashed Potatoes Banana Milk	Deli Sandwich on WG Bread SIDES: Tossed Salad Diced Pears  Ranch Milk
PM	Yogurt, WG Granola or WG Cheerios & Water	Goldfish & Banana	Sliced Cheese & Saltines	Apple Slices & WG Animal Crackers	WG Flatbread & Milk

*Water is served with all snacks when Milk is not served
Milk = Whole for 2 and under, Skim for 2+ year olds

*Menu subject to change without notice

*WG = Whole Grain Rich Items

*This institution is an equal opportunity provider.