

	Monday September 29	Tuesday 30	Wednesday October 1	Thursday 2	Friday 3
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt 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 SIDES: Corn Diced Pears HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits  HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Mandarin Oranges HM or IFF	Sliced Cheese & Bread Slice SIDES: Steamed Broccoli Mixed Fruit 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
	6	7 - National Taco Day	8 - Great Apple Crunch	9	10
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
AM	HM or IFF, Mixed Fruit, WG Bread Slice	HM or IFF, Cooked Apples, WG Flat Bread	HM or IFF, Apricots, Goldfish	HM or IFF, Diced Peas, Club Crackers	HM or IFF, Banana, Graham Cracker
Lunch	Hamburger on WG Bread SIDES: Steamed Peas Cooked Apple Slices HM or IFF	Chicken with Tortilla  SIDES: Black Beans Apricots HM or IFF	Baked Chicken Breast  SIDES: Corn Diced Pears HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Glazed Carrots 1/2 Banana HM or IFF	Yogurt SIDES: Steamed Broccoli Applesauce HM or IFF
PM	HM or IFF, Broccoli, Graham Cracker	HM or IFF, Peas, WG Cheerios	HM or IFF, Black Beans, WG English Muffin	HM or IFF, Corn, Graham Cracker	HM or IFF, Carrot Coins, Goldfish
NATIONAL SCHOOL LUNCH WEEK					
	13	14	15	16	17
Brkfst	IFC or Yogurt Pineapple Tidbits & HM or IFF	IFC or Cottage Cheese Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Yogurt Mixed Fruit & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
AM	HM or IFF, Applesauce, Saltines	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	Sloppy Joe on WG Bread  SIDES: Calico Beans Diced Peaches HM or IFF	Roast Beef SIDES: Mashed Potatoes Applesauce HM or IFF	Plain Meatballs  SIDES: Stir Fry Vegetables Pineapple Tidbits HM or IFF	Baked Chicken Breast SIDES: Carrot Coins Sliced Peaches HM or IFF	Sliced Cheese & Bread Slice  SIDES: Steamed Green Beans Mandarin Oranges HM or IFF
PM	HM or IFF, Broccoli, WG Bread Slice	HM or IFF, Calico Beans, Breadstick	HM or IFF, Carrot Coins, Graham Cracker	HM or IFF, Stir fry Veggies, Cornbread	HM or IFF, Carrot Coins, Saltines
	20	21	22	23	24
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt 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 SIDES: Steamed Peas Applesauce  HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Peaches HM or IFF	Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Diced Chicken SIDES: Steamed Green Beans Pineapple Tidbits HM or IFF	Toasted Cheese Sandwich SIDES: Carrot Coins Diced Pears 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
	27	28	29	30	31 - HALLOWEEN
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Sliced Peaches & HM or IFF	IFC or Cheese Cubes Mixed Fruit & HM or IFF	IFC or Yogurt 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 SIDES: Triangle Potato Applesauce HM or IFF	Yogurt SIDES: Baked Potato Mixed Fruit HM or IFF	Sliced Cheese & Bread Slice SIDES: Baked Beans Pineapple Tidbits HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Cottage Cheese  SIDES: Steamed Peas Diced Pears 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

*Menu Subject to Change Without Notice

IFC- Iron Fortified Cereal

HM - Human Milk

IFF - Iron Fortified Formula

*This institution is an equal opportunity provider.