



	Monday 31	Tuesday September 1	Wednesday 2	Thursday 3	Friday 4
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Cinnamon Apples & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF	IFC or Cottage Cheese Applesauce & HM or IFF
Lunch	Sloppy Joe on WG Bread SIDES: Baked 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 Mixed Fruit HM or IFF	Toasted Cheese Sandwich SIDES: Steamed Green Beans Mandarin Oranges HM or IFF
PM	HM or IFF, Broccoli, Club Crackers	HM or IFF, Baked Beans, Breadstick	HM or IFF, Snickerdoodle Hummus & WG Crackers	HM or IFF, Stir fry Veggies, WG Cheerios	HM or IFF, Pears, Ritz Crackers
	7 - LABOR DAY	8	9 - 25 YEAR CELEBRATION	10	11
Brkfst		IFC or Yogurt Banana & 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 Cinnamon Applesauce & HM or IFF
Lunch	 Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	 Cottage Cheese SIDES: Island Vegetables Mandarin Oranges HM or IFF	Bean Burrito Bowl w/ Cilantro Lime Rice SIDES: Corn Applesauce  HM or IFF	Chicken and Gravy over Mashed Potatoes SIDES: Mashed Potatoes Pineapple Tidbits HM or IFF	Hard Boiled Egg & Bread Slice SIDES: Carrot Coins Diced Pears HM or IFF
PM		HM or IFF, Peas, Tortilla	HM or IFF, Island Veggies, WG Chex Cereal	HM or IFF, Corn, Saltines	HM or IFF, Mixed Fruit, Graham Cracker
	14	15	16	17	18 - HOMECOMING
Brkfst	IFC or Cottage Cheese Mixed Fruit & HM or IFF	IFC or Sliced Turkey Diced Pears & HM or IFF	IFC or Yogurt Sliced Peaches & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Cottage Cheese Applesauce & HM or IFF
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Applesauce  HM or IFF	Sliced Ham SIDES: Baked Potato Mixed Fruit HM or IFF	Fish Filet SIDES: Steamed Peas Pineapple Tidbits HM or IFF	Diced Chicken SIDES: Steamed Green Beans 1/2 Banana HM or IFF	MVP Baked Chicken Breast SIDES: Marching Band Baked Beans Dancing Diced Pears  HM or IFF
PM	HM or IFF, Carrot Coins, WG Cheerios	HM or IFF, Banana, WG Goldfish	HM or IFF, Diced Peaches, Ritz Crackers	HM or IFF, Apricots, Cheerios	HM or IFF, Green Beans, Saltines
	21	22	23 - IOWA LOCAL FOOD DAY	24	25
Brkfst	IFC or Cottage Cheese Pineapple Tidbits & HM or IFF	IFC or Yogurt Diced Pears & HM or IFF	IFC or Hard Boiled Egg Mixed Fruit & HM or IFF	IFC or Yogurt Diced Peaches & HM or IFF	IFC or Cheese Cubes Applesauce & HM or IFF
Lunch	WG Biscuits & Gravy SIDES: Country Vegetables Applesauce HM or IFF	Soft Shell Beef Taco on WG Tortilla SIDES: Refried Beans Diced Peaches  HM or IFF	BBQ Pulled Pork & WG Bread Slice SIDES: Local Corn Applesauce  HM or IFF	WG Macaroni & Cheese with Ham SIDES: Steamed Broccoli Applesauce HM or IFF	Cheesy Scrambled Eggs SIDES: Carrot Coins Mixed Fruit HM or IFF
PM	HM or IFF, Peas, WG Tortilla	HM or IFF, Country Veggies, Graham Cracker	HM or IFF, Refried Beans, WG Flatbread	HM or IFF, Green Beans, Ritz Crackers	HM or IFF, Diced Pears, WG Bread Slice
	28	29	30	October 1	2
Brkfst	IFC or Cottage Cheese Applesauce & HM or IFF	IFC or Cheese Cubes Mandarin Oranges & HM or IFF	IFC or Cottage Cheese Sliced Peaches & HM or IFF	IFC or Hard Boiled Egg Diced Pears & HM or IFF	IFC or Yogurt Applesauce & HM or IFF
Lunch	Baked Chicken Breast SIDES: Corn Mixed Fruit HM or IFF	Breakfast Sandwich on WG Bread Sausage, Egg, & Cheese SIDES: Steamed Peas Diced Pears HM or IFF	Salisbury Steak SIDES: Mashed Potatoes 1/2 Banana HM or IFF	Cottage Cheese SIDES: Carrot Coins Pineapple Tidbits HM or IFF	Baked Chicken Breast & Buttered Noodles SIDES: Steamed Broccoli Diced Peaches  HM or IFF
PM	HM or IFF, Carrot Coins, Ritz Crackers	HM or IFF, Applesauce, Saltines	HM or IFF, Peas, WG Graham Cracker	HM or IFF, Mixed Fruit, WG Goldfish	HM or IFF, Carrot Coins, WG Tortilla

*Menu Subject to Change Without Notice

IFC - Iron Fortified Cereal

HM - Human Milk IFF - Iron Fortified Formula

*This institution is an equal opportunity provider.