


# September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Chicken Patty Sandwich, Corn, Watermelon, Milk  Sn: Goldfish Crackers, Juice
4 <b>DSECC Closed</b>	5 B: WGR Cereal w/ Milk, Juice  L: Mac & Cheese, Peas, Applesauce, Milk  Sn: Oatmeal Bar, Milk	6 B: WGR Waffle, Apples, Milk  L: Hamburger Gravy, Roll, Mashed Potatoes, Peaches, Milk  Sn: Cheese, Crackers, Water	7 B: WGR Cereal w/ Milk, Banana  L: Sausage & Kale Soup w/ Pasta, Apples, Milk  Sn: PB Sandwich Crackers, Milk	8 B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Applesauce, Milk  Sn: Cheez Its, Juice
11 B: WGR Cereal w/ Milk, Banana  L: Ranch Chicken, Sweet Potato Fries, Roll, Applesauce, Milk  Sn: Snack Mix, Juice	12 B: WGR Bagel, Orange Slices, Milk L: Meatball Sandwich, Salad, Peaches, Milk  Sn: Graham Crackers, Milk	13 B: WGR Waffle, Apples, Milk  L: Hot Ham & Cheese Sandwich, Corn, Mixed Fruit, Milk  Sn: Yougurt, Pretzels, Water	14 B: WGR Cereal w/ Milk, Banana  L: Toasted Cheese Sandwich, Tomato Soup, Apples, Milk  Sn: Animal Crackers, Milk	15 B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Chicken Nuggets, Roll, Mixed Veggies, Applesauce, Milk  Sn: Goldfish Crackers, Juice
18 B: WGR Cereal w/ Milk, Juice  L: Bean & Cheese Quesadilla, Corn, Tropical Mixed Fruit, Milk  Sn: Mini Grahams, Milk	19 B: WGR English Muffin, Orange Slices, Milk L:Smoked Sausage, Roasted Carrots, Roll, Applesauce, Milk  Sn: Oatmeal Bar, Milk	20 B: WGR Waffle, Apples, Milk  L: Chicken Spaghetti, Green Beans, Peaches, Milk  Sn: Cheese, Crackers, Water	21 B: WGR Cereal w/ Milk, Banana  L: Cheeseburger Soup, Crackers, Apples, Milk  Sn: PB Sandwich Crackers, Milk	22 B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Pears, Milk  Sn: Cheez Its, Juice
25 B: WGR Cereal w/ Milk, Banana  L: Chicken & Rice Casserole, Green Beans, Peaches, Milk  Sn: Snack Mix, Juice	B: WGR Bagel, Orange Slices, Milk L: Butternut Squash Mac & Cheese, Peas, Applesauce, Milk  Sn: Graham Crackers, Milk	27 B: WGR Waffle, Apples, Milk  L: Sloppy Joe Sandwich, Sweet Potato Fries, Pears, Milk  Sn: Yougurt, Pretzels, Water	28 B: WGR Cereal w/ Milk, Banana  L: Vegetarian Lentil Stew, Cheese, Rice, Apples, Milk  Sn: Animal Crackers, Milk	29 B:WGR English Muffin, Assorted Fresh Fruit, Milk L: Chicken Patty Sandwich, Corn, Applesauce, Milk  Sn: Goldfish Crackers, Juice

\*All juice is 100% juice

\*WGR=Whole Grain Rich

\*1 yr olds Served Whole Milk

\*2 yrs + Served 1% Milk

\*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, etc.

\*Assorted Fresh Fruit includes: Bananas, Apples, Oranges

\*Assorted Fresh Veggies includes: Carrots, Bell Peppers, Cucumbers