


Sept. 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B: WGR Cereal w/ Milk, Banana L: Chicken Corn Noodle Soup, Crackers, Apples, Milk Sn: Graham Crackers, Milk	2 B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Chicken Patty Snadwich, Mixed Veggies, Peaches, Milk Sn: Goldfish Crackers, Juice
5 DSECC Closed	6 B: WGR Cereal w/ Milk, Juice L: Ham & Cheese Roll Up, Corn, Applesauce, Milk Sn: Crackers, Applebutter, Milk	7 B: WGR Waffle, Apples, Milk L: Egg Roll in a Bowl(Pork, Carrots, Cabbage)Rice, Pineapples, Milk Sn: Animals Crackers, Milk	8 B: WGR Cereal w/ Milk, Banana L: Hamburger Vegetable Soup, Crackers, Mandarin Oranges, Milk Sn: Zucchini Bread, Milk	9 B:WGR English Muffin, Assorted Fresh Fruit, Milk L:Diced BBQ Chicken, Roll, Oven Roasted Potatoes, Applesauce,Milk Sn: Cheez Its, Juice
12 B: WGR Cereal w/ Milk, Banana L: Mac & Cheese, Peas, Applesauce, Milk Sn: Chex Mix, Juice	13 B: WGR Bagels, Orange Slices, Milk L: Turkey & Lentil Stew, Rice, Tropical Mixed Fruit, Milk Sn: Oatmeal Bar, Milk	14 B: WGR Waffle, Apples, Milk L: Chicken Patty Sand, Carrots, Applesauce, Milk Sn: Tortilla Chips, Salsa, Water	15 B: WGR Cereal w/ Milk, Banana L: White Chicken Lasagna Soup, Crackers, Apples, Milk Sn: Graham Crackers, Milk	16 B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Peaches, Milk Sn: Goldfish Crackers, Juice
19 B: WGR Cereal w/ Milk, Juice L: Sausage, Egg & Cheese Sand. Hashbrown, Mandarin Oranges, Milk Sn: Pretzels, Cheese, Water	20 B: WGR English Muffin, Orange Slices, Milk L: Hot Dog in Bun, Sweet Potato Fries, Applesauce, Milk Sn: Crackers, Applebutter, Milk	21 B: WGR Waffle, Apples, Milk L: Pasta w/ Meat Sauce, Green Beans, Peaches, Milk Sn: Animals Crackers, Milk	22 B: WGR Cereal w/ Milk, Banana L: Tomato Soup, Toasted Cheese Sandwich, Apples, Milk Sn: Zucchini Bread, Milk	23 B:WGR Bagel, Assorted Fresh Fruit, Milk L: Chicken Spaghetti, Peas, Pears, Milk Sn: Cheez Its, Juice
26 B: WGR Cereal w/ Milk, Banana L: Bean & Cheese Quesadilla, Corn, Applesauce, Milk Sn: Chex Mix, Juice	27 B: WGR Bagels, Orange Slices, Milk L: Sloppy Joe Sandwich, Mixed Veggies, Pears, Milk Sn: Oatmeal Bar, Milk	28 B: WGR Waffle, Apples, Milk L: Sweedish Meatballs, Noodles, Green Beans, Peaches, Milk Sn: Tortilla Chips, Salsa, Water	29 B: WGR Cereal w/ Milk, Banana L: Chicken Orzo Soup, Cucumbers, Apples, Milk Sn: Graham Crackers, Milk	30 B:WGR Cinn. Toast, Assorted Fresh Fruit, Milk L: Pizza, Carrots, Mixed Fruit, 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