

SEPTEMBER 2023

Breakfast & Lunch Menu

S	M	TU	W	TH	F	S
					1	2
3	4 Happy Labor Day School Closed	5 BREAKFAST Nutrigrain Bar & Milk Lunch 1/2 Cup Animal Crackers & Apple Slices	6 BREAKFAST Cheese Toast, Milk with Banana Slices Lunch 4 Saltine Crackers, & American Cheese Slice	7 BREAKFAST Cheerios, Milk & Apple Lunch 1/2 Cup Gold Fish & Applesauce	8 BREAKFAST Waffles, Milk & Oranges Lunch Graham Crackers & Milk	9
10 National Grand-Parents Day	11 BREAKFAST Waffles, Orange Slice & Milk Lunch Ritz Crackers & 1/2 Apple	12 BREAKFAST Cheerios, Milk & Bananas Lunch Cheese Crackers, & 1/2 Orange	13 BREAKFAST Pancake, Milk and Orange Lunch Carrots with Ranch, & Banana Bread	14 BREAKFAST Nutrigrain Bar, Milk & 1/2 Apple Lunch Celery Sticks with Ranch, & Raisin Bread	15 BREAKFAST Two French Toast Sticks, Milk & 1/2 Orange Lunch Green Smoothies	16
17	18 BREAKFAST Rice Crispies, Milk & Apple Lunch 1/2 Cup Gold Fish & Applesauce	19 BREAKFAST Nutrigrain Bar, Milk & Banana Lunch Four Ritz Crackers, One Slice of Cheese	20 BREAKFAST Waffle, 1/2 Apple, & Milk Lunch Four Nilla Wafers, & Orange	21 BREAKFAST Pancake, 1/2 Banana & Milk Lunch 2 Graham Crackers, & 1/2 Apple	22 BREAKFAST 1 Cup Cheerios, & Banana Slices Lunch Four Cauliflower Crackers & Apple Slices	23
24	25 BREAKFAST Pancake, Milk & Orange Lunch Four Crackers, Celery Sticks with Ranch	26 BREAKFAST Rice Crispies, Milk & 1/2 Banana Lunch Four Saltine Crackers, & American Cheese Slice	27 BREAKFAST Waffles, Milk & Applesauce Lunch 1/2 Cup Cheez-its, & Applesauce	28 BREAKFAST Cheese Toast, Milk & Pears Lunch Four Nilla Wafers, & Apple Slices	29	30