

September 2019

M	T	W	T	F
Sep 2	Sep 3	Sep 4 Breakfast: (Vegetarian) Autumn Spice Muffin with Fresh Fruit Snack: (Vegetarian) Whole Grain Animal Crackers with Fresh Fruit	Sep 5 Breakfast: (Vegetarian) Plain Bagel with Cream Cheese Packet and Fresh Fruit Lunch: Classic Turkey & Cheddar Sandwich with Mayonnaise -Seasoned Blanched Broccoli Florets -Fresh Fruit Snack: (Vegetarian) Giant Goldfish Cinnamon Grahams with 100% Apple Juice 6oz	Sep 6 <u>Breakfast:</u> (Vegetarian) French Toast Muffin with Fresh Fruit Lunch: Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella -Seasoned Green Beans -Fresh Fruit Snack: (Vegetarian) Whole Grain Ranch Rumbles with Fresh Fruit

<p>Sep 9</p> <p>Breakfast: (Vegetarian) Whole Grain Dipperdoodle Bar with Fresh Fruit</p> <p>Lunch: Sesame Chicken Wrap with Sesame Vinaigrette Packet -Steamed Carrots -Fresh Fruit</p> <p>Snack: (Vegetarian) Whole Grain Goldfish Colors Cheddar Crackers with Fresh Fruit</p>	<p>Sep 10</p> <p>Breakfast: (Vegetarian) Cinnamon Grahams 1oz with String Cheese and Fresh Fruit</p> <p>Lunch: Chicken Salad Sub Sandwich -Seasoned Green Beans -Steamed Lemon Pepper Corn -Fresh Fruit</p> <p>Snack: (Vegetarian) Honey Wheat Crackers with Fresh Fruit</p>	<p>Sep 11</p> <p>Breakfast: (Vegetarian) Apple Pancake Bowl -Whole Grain Mini Dipperdoodle Bar with String Cheese</p>	<p>Sep 12</p> <p>Breakfast: (Vegetarian) Blueberry Burst Muffin with Fresh Fruit</p> <p>Lunch: Chicken Caesar Wrap with Caesar Dressing -Chopped Romaine Lettuce -Grape Tomatoes -Fresh Fruit</p> <p>Snack: (Vegetarian) Savory Pizza Crackers with Fresh Fruit</p>	<p>Sep 13</p> <p>Breakfast: (Vegetarian) Whole Grain Strawberry Zac Omega Bar with Fresh Fruit</p> <p>Lunch: Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella -Pinto Beans -Fresh Fruit</p> <p>Snack: (Vegetarian) -Giant Goldfish Cinnamon Grahams with Fresh Fruit</p>
<p>Sep 16</p> <p>Breakfast: (Vegetarian) Zee Zees Cinnamon Crisp Bar 2.2oz with Fresh Fruit</p> <p>Lunch: Honey Mustard Chicken Wrap Green Peas Fresh Fruit</p> <p>Snack: (Vegetarian) Whole Grain Goldfish Pretzels with Fresh Fruit</p>	<p>Sep 17</p> <p>Breakfast: (Vegetarian) Cinnamon Crumble with Fresh Fruit</p> <p>Lunch: Sesame Chicken Wrap with Sesame Vinaigrette Packet Baby Carrots Broccoli & Carrot Salad with Orange Glaze Fresh Fruit</p> <p>Snack: (Vegetarian) Roasted Sunflower Seeds with Fresh Fruit</p>	<p>Sep 18</p> <p>Breakfast: (Vegetarian) Autumn Spice Muffin with Fresh Fruit</p> <p>Snack: (Vegetarian) Whole Grain Goldfish Colors Cheddar Crackers with Fresh Fruit</p>	<p>Sep 19</p> <p>Breakfast: (Vegetarian) Whole Grain Dipperdoodle Bar with Fresh Fruit</p> <p>Lunch: (Vegetarian) Sunny Sandwich Chef Kit (Sunbutter, Jelly, Sliced Bread) with Yogurt -Coleslaw -Fresh Fruit</p> <p>Snack: (Vegetarian) Whole Grain Animal Crackers with 100% Apple Juice 6oz</p>	<p>Sep 20</p> <p>Breakfast: (Vegetarian) Strawberry Pancake Bowl</p> <p>Lunch: Chillin Chinese Chicken Noodles with Sesame Soy Dressing -Seasoned Black Beans -Fresh Fruit</p> <p>Snack: (Vegetarian) Whole Grain Ranch Rumbles with Fresh Fruit</p>

<p>Sep 23</p> <p>Breakfast: (Vegetarian)</p> <p>Whole Grain Strawberry Zac Omega Bar with Fresh Fruit</p> <p>Lunch:</p> <p>Sesame Chicken Wrap with Sesame Vinaigrette Packet</p> <ul style="list-style-type: none"> -Island Glazed Carrots -Fresh Fruit <p>Snack: (Vegetarian)</p> <p>Whole Grain Goldfish Pretzels with Fresh Fruit</p>	<p>Sep 24</p> <p>Breakfast: (Vegetarian)</p> <p>French Toast Muffin with Fresh Fruit</p> <p>Lunch: (Vegetarian)</p> <p>Cheddar Cheese Sub Sandwich with Yogurt and Mustard Packet</p> <ul style="list-style-type: none"> -Chili Citrus Steamed Corn -Edamame -Fresh Fruit <p>Snack: (Vegetarian)</p> <p>Roasted Sunflower Seeds with Fresh Fruit</p>	<p>Sep 25</p> <p>Breakfast: (Vegetarian)</p> <p>Plain Bagel with Cream Cheese Packet and Fresh Fruit</p> <p>Snack: (Vegetarian)</p> <p>-Savory Pizza Crackers with String Cheese</p>	<p>Sep 26</p> <p>Breakfast: (Vegetarian)</p> <p>Cinnamon Crumble with Fresh Fruit</p> <p>Lunch: (Vegetarian)</p> <p>Egg Salad Sub on Whole Grain Bun</p> <ul style="list-style-type: none"> -Chopped Romaine Lettuce -Grape Tomatoes -Fresh Fruit <p>Snack: (Vegetarian)</p> <p>Honey Grahams 1oz with 100% Apple Juice 6oz</p>	<p>Sep 27</p> <p>Breakfast: (Vegetarian)</p> <p>Blueberry Burst Muffin with Fresh Fruit</p> <p>Lunch:</p> <p>Classic Turkey & Cheddar Sandwich with Mayonnaise Packet</p> <ul style="list-style-type: none"> -Cucumber & Tomato Salad -Fresh Fruit <p>Snack: (Vegetarian)</p> <p>Whole Grain Animal Crackers with Fresh Fruit</p>
<p>Sep 30</p> <p>Breakfast: (Vegetarian)</p> <p>Peach Pancake Bowl with fresh fruit</p> <p>Lunch:</p> <p>-Mighty Meaty Deli Combo Sandwich with Turkey Salami, Turkey Ham, and Mozzarella</p> <ul style="list-style-type: none"> -Island Glazed Carrots -Fresh Fruit <p>Snack: (Vegetarian)</p> <p>Whole Grain Goldfish Pretzels with Fresh Fruit</p>				