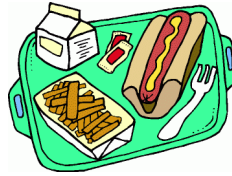


# September 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrition Totals
<b>Menu subject to change</b> <b>A choice of low-fat milk &amp; juice served daily</b> <b>ADULT LUNCHESES ARE \$4.00</b>					
		1 Cinnamon Toast Crunch Muffin Juice & fruit Milk Turkey Ham or PB& J sandwich Cheese sticks Carrots w/ Ranch dressing Grapes Milk	2 Mini Pancakes Juice & fruit Milk Roasted Chicken Mac & cheese Collard greens Oranges Roll Milk	3 Pop Tart Juice & fruit Milk Tacos Lettuce & cheese Corn Strawberries Milk	
6 Froot Loops Muffins Juice & fruit Fruit Milk Sausage & Cabbage Black eyed peas Roll Apple Milk	7 Chicken Biscuit Juice & fruit Milk Spaghetti w/ cheese Salad Beets Rolls Orange Milk	8 French toast sticks Juice & fruit Milk Chicken Sandwich Whole Potatoes Green Beans Peaches Milk	9 Muffins Juice & fruit Milk Meatball Sub w/ cheese Lima beans Mandarin Oranges Milk	10 Pop Tart Juice & fruit Milk Chicken Fajita Cheese & lettuce Corn Grapes Milk	
13 Frosted flakes Muffin Apple Juice & fruit milk Salisbury Steak w/rice Black-eyed peas Beets Diced peaches Whole Wheat Rolls	14 French Toast Sticks Orange Juice & fruit Milk WG Chicken Tenders Green Peas Mashed Potatoes Grapes Whole Wheat Roll	15 Waffles Grape Juice & fruit Fruit Milk Beef Nachos and cheese Tortilla chips Green beans Applesauce Milk	16 Cinnamon Roll Orange Pineapple Juice Fruit Milk WG Pizza Toss Salad w/ Dressing Corn Orange Milk	17 Pop Tart Assorted Juice Fruit Milk Corndog or PB&J Yams Broccoli and cheese Banana	
20 Yogurt Granola Juice & fruit Milk Cheeseburger Corn on the cob Green Beans Mandarin Oranges Milk	21 WG Donut Juice & fruit Milk Hot Dog w/ Chili French Fries Baked Beans Apple Milk	22 Cinnamon Toast Crunch Muffin Juice & fruit Milk Turkey Ham or PB& J sandwich Cheese sticks Carrots w/ Ranch dressing Grapes Milk	23 Mini Pancakes Juice & fruit Milk Roasted Chicken Mac & cheese Collard greens Oranges Roll Milk	24 Pop Tart Juice & fruit Milk Tacos Lettuce & cheese Corn Banana	
27 Froot Loops Muffins Orange Juice Fruit Milk Sausage & Cabbage Black eyed peas Roll Apple Milk	28 Chicken Biscuit Juice & fruit Milk Spaghetti w/ cheese Salad Beets Rolls Orange Milk	29 French toast sticks Juice & fruit Milk Chicken Sandwich Whole Potatoes Green Beans Peaches Milk	30 Muffins Juice & fruit Milk Meatball Sub w/ cheese Lima beans Mandarin Oranges Milk		