

SEPTEMBER 2021

BREAKFAST



A healthy breakfast is a great way to start your day!



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



egg and cheese biscuit
grapes
milk **1**

breakfast pizza
mandarin orange cup
milk **2**

whole grain poptart
apple
cheese stick
milk **3**

Labor Day
NO SCHOOL **6**

sausage biscuit
craisins
milk **7**

Cereal cup
Banana
Yogurt tube
Milk

french toast sticks
sausage patty
raisins
milk **9**

muffin
cheese stick
applesauce
milk **10**

zee zee bar
mandarin orange
cup
milk **13**

biscuit with jelly
cheese stick
banana
milk **14**

chicken biscuit
fruit cocktail
milk **15**

mini pancakes
applesauce
milk **16**

sausage pancake
on a stick
orange juice
raisins and milk **17**

Cinnamon roll
Applesauce
Raisins
Milk **20**

Yogurt parfait
Grapes
Milk **21**

egg and cheese
omelet
craisins
milk **22**

breakfast pizza
mandarin orange
cup
milk **23**

whole grain poptart
apple
cheese stick
milk **24**

waffles
pineapple tidbits
milk **27**

sausage biscuit
craisins
milk **28**

Cereal cup
Banana
Yogurt tube
Milk **29**

french toast sticks
sausage patty
raisins
milk **30**



SEPTEMBER 2021

Type Your School Name Here

LUNCH



Additional daily entrees:

Salad option

Sandwich option



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Teriyaki chicken w/ rice **1**
Asian vegetables
Apple slices
Milk

Hot dog **2**
Baked beans
Frozen juice cup
milk

Mozzarella cheese sticks **3**
w/ mariana
Green pepper slices
Tropical fruit salad
milk

Labor Day
NO SCHOOL **6**

Taco Salad **7**
Black beans with salsa
Orange wedges
Milk

macaroni and cheese **8**
green beans
pears
milk

Italian sub sandwich **9**
Cherry tomatoes
Fruit cup
Sun chips and milk

nachos **10**
carrot sticks
slushie
milk

BBQ rib patty sandwich **13**
Coleslaw
Grapes
milk

carnitas **14**
refried beans
apple
milk

spaghetti with meatball **15**
garlic bread
salad mix
fruit cup
milk

chicken drumstick **16**
roll
green beans
apple and milk

beef and cheese burrito **17**
broccoli with ranch
banana
milk

pepperoni pizza **20**
cucumber coins
peach cup
milk

cheeseburger **21**
French fries
Strawberries
Milk

Teriyaki chicken **22**
w/rice, Asian
vegetables
Apple slices and milk

Hot dog **23**
Baked beans
Frozen juice cup
Milk

mozzarella cheese **24**
sticks w/marinara
green peppers
tropical fruit and milk

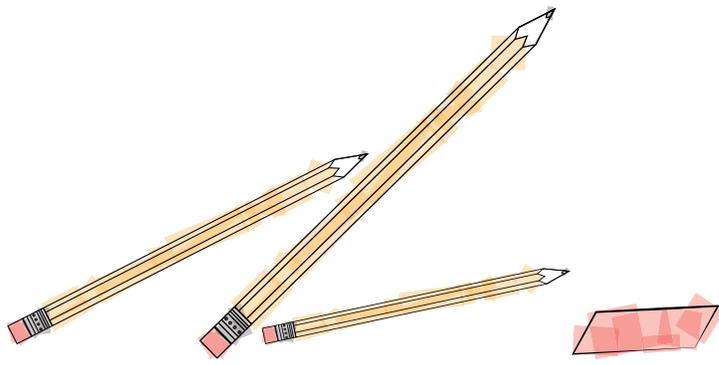
chicken patty on a **27**
bun
buffalo cauliflower
peach cup and milk

taco salad **28**
black beans with salsa
orange wedges
milk

macaroni and cheese **29**
green beans
pears
milk

Italian sub sandwich **30**
Cherry tomatoes
Fruit cup
Sun chips and milk





September

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 pulled pork cauliflower with ranch clementine milk	2 grilled cheese mini peppers apple milk	3 chicken tenders sugar snap peas fruit cup milk	4
5	6 Labor Day NO SCHOOL	7 lasagna roll ups green peppers strawberries milk	8 ham and cheese sandwich broccoli with ranch grapes and milk	9 hamburger corn watermelon milk	10 cheese pizza celery sticks w/pb pineapple cup milk	11
12 Grandparents Day	13 chicken quesadilla black beans and salsa banana milk	14 corn dog carrot sticks applesauce cup milk	15 mandarin orange chicken broccoli apple and milk	16 bosco cheese breadsticks spinach salad strawberries and milk	17 uncrustable PBJ garden salad banana milk	18
19	20 chicken soft taco cucumber coins kiwi milk	21 baked potato w/cheese broccoli watermelon milk	22 First Day of Autumn pulled pork cauliflower with ranch clementine milk	23 grilled cheese mini peppers apple milk	24 chicken tenders sugar snap peas fruit cup milk	25
26	27 french toast w/sausage hasbrown mandarin orange cup milk	28 lasagna roll ups green peppers strawberries milk	29 ham and cheese sandwich broccoli with ranch grapes and milk	30 hamburger corn watermelon milk	1	2