

September 2024

| Sun | Mon  | Tue  | Wed   | Thu  | Fri   | Sat |
|-----|--|--|---|--|---|-----|
| 1   | 2  | 3<br>BF - French Toast Sticks/<br>Breakfast Syrup/Twin<br>Sausage Links<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Cheeseburger/Oven<br>Baked Crinkle Cut Fries/<br>Vegetable<br>L - Deli Turkey Sandwich/<br>Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch<br>Salad/Fresh Fruit or<br>Vegetable  | 4<br>BF - Chocolate Chip<br>Breakfast Round/Fruit<br>Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Chicken Alfredo with<br>Pasta/Dinner Roll/Fresh<br>Fruit or Vegetable<br>L - Deli Turkey Sandwich/<br>Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch<br>Salad/Fresh Fruit or<br>Vegetable | 5<br>BF - Chocolate Chip Muffin/<br>Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Deli Turkey Sandwich/<br>Fresh Fruit or Vegetable<br>L - Golden Crispy Chicken<br>Tenders/Oven Baked Crinkle<br>Cut Fries/Veggie & Fruit<br>L - Popcorn Chicken Ranch<br>Salad/Fresh Fruit or<br>Vegetable | 6<br>BF - Sausage, Egg & Cheese<br>English Muffin/Fruit Juice/<br>Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Cheese Pizza/Fresh Fruit<br>or Vegetable<br>L - Deli Turkey Sandwich/<br>Fresh Fruit or Vegetable<br>L - Pepperoni Pizza/Fresh<br>Fruit or Vegetable<br>L - Popcorn Chicken Ranch<br>Salad/Fresh Fruit or<br>Vegetable<br>L - Veggie Pizza/Fresh Fruit<br>or Vegetable    | 7   |
| 8   | 9<br>BF - Strawberry Cream<br>Cheese Bagel Mini/Fruit<br>Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Cheeseburger/Roasted<br>Potato Wedges/Veggie &<br>Fruit<br>L - Chicken Caesar Salad/<br>Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese<br>Sandwich/Fresh Fruit or<br>Vegetable | 10<br>BF - Fluffy Pancakes/<br>Breakfast Syrup/Twin<br>Sausage Links<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Chicken Caesar Salad/<br>Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese<br>Sandwich/Fresh Fruit or<br>Vegetable<br>L - Grilled Cheese Sandwich/<br>Oven Baked Crinkle Cut<br>Fries/Veggie & Fruit<br>L - Grilled Ham & Cheese<br>Sandwich/Oven Baked<br>Crinkle Cut Fries/Veggie or<br>Fruit | 11<br>BF - Breakfast Bar/Fruit<br>Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Chicken Caesar Salad/<br>Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese<br>Sandwich/Fresh Fruit or<br>Vegetable<br>L - Spaghetti with Meat<br>Sauce/Homemade Garlic<br>Breadstick/Fresh Fruit or<br>Vegetable    | 12<br>BF - Chocolate Chip Muffin/<br>Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Chicken Caesar Salad/<br>Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese<br>Sandwich/Fresh Fruit or<br>Vegetable<br>L - French Toast Sticks/Twin<br>Sausage Links/Fresh Fruit or<br>Vegetable           | 13<br>BF - Sausage, Egg & Cheese<br>Croissant Sandwich/Fruit<br>Juice/Fresh Fruit<br>BF - Whole Grain Cereal/<br>Fruit Juice/Fresh Fruit<br>L - Cheese Pizza/Fresh Fruit<br>or Vegetable<br>L - Chicken Caesar Salad/<br>Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese<br>Sandwich/Fresh Fruit or<br>Vegetable<br>L - Pepperoni Pizza/Fresh<br>Fruit or Vegetable<br>L - Veggie Pizza/Fresh Fruit<br>or Vegetable | 14  |

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|-----|---|---|--|---|---|-----|
| 15  | 16<br>BF - Bagel with Cream Cheese/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Dress Your Own Burger on a Bun/Roasted Potato Wedges/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable | 17<br>BF - French Toast Sticks/Breakfast Syrup/Twin Sausage Links<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Chicken & Cheese Quesadilla/Veggie or Fruit<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable                    | 18<br>BF - Chocolate Chip Breakfast Round/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Chicken Alfredo with Pasta/Dinner Roll/Fresh Fruit or Vegetable<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable | 19<br>BF - Chocolate Chip Muffin/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Meatball Sub/Oven Baked Crinkle Cut Fries/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable  | 20<br>BF - Sausage, Egg & Cheese English Muffin/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Cheese Pizza/Fresh Fruit or Vegetable<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Pepperoni Pizza/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable<br>L - Veggie Pizza/Fresh Fruit or Vegetable | 21  |
| 22  | 23<br>BF - Strawberry Cream Cheese Bagel Mini/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Cheeseburger/Oven Baked Crinkle Cut Fries/Vegetable<br>L - Chicken Caesar Salad/Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese Sandwich/Fresh Fruit or Vegetable                 | 24<br>BF - Fluffy Pancakes/Breakfast Syrup/Twin Sausage Links<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Chicken Caesar Salad/Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese Sandwich/Fresh Fruit or Vegetable<br>L - Grilled Cheese Sandwich/Oven Baked Crinkle Cut Fries/Veggie & Fruit | 25<br>BF - Breakfast Bar/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Chicken Caesar Salad/Fresh Fruit or Vegetable<br>L - Creamy Macaroni and Cheese/Dinner Roll/Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese Sandwich/Fresh Fruit or Vegetable                   | 26<br>BF - Chocolate Chip Muffin/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Cheese Pizza/Fresh Fruit or Vegetable<br>L - Chicken Caesar Salad/Fresh Fruit or Vegetable<br>L - Deli Ham & Cheese Sandwich/Fresh Fruit or Vegetable<br>L - Pepperoni Pizza/Fresh Fruit or Vegetable<br>L - Veggie Pizza/Fresh Fruit or Vegetable | 27<br>BF - Sausage, Egg & Cheese Croissant Sandwich/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit  | 28  |
| 29  | 30<br>BF - Bagel with Cream Cheese/Fruit Juice/Fresh Fruit<br>BF - Whole Grain Cereal/Fruit Juice/Fresh Fruit<br>L - Cheeseburger/Sweet Potato Fries/Veggie or Fruit<br>L - Deli Turkey Sandwich/Fresh Fruit or Vegetable<br>L - Popcorn Chicken Ranch Salad/Fresh Fruit or Vegetable                               |   |  |   |   |     |