

# September 2022 Menu

## Menu 9-5 to 9-9-22

### Monday 9-5-22

Breakfast: NO SCHOOL LABOR DAY

Lunch: NO SCHOOL LABOR DAY

### Tuesday 9-6-22

**Breakfast:** Fruity Cheerios, Apple Juice Cup, Whole Fruit & Milk

**Lunch:** Soft Taco, Refried Beans, Diced Peaches, & Milk or Turkey & Cheese Sandwich, Baby Carrots, Whole Fruit & Milk

### Wednesday 9-7-22

**Breakfast:** Egg & Cheese Muffin, Orange Juice, Fresh Apple & Milk

**Lunch:** Teriyaki Chicken, Brown Rice, Broccoli, Pineapple or Grape Uncrustable, Celery Sticks, Whole Fruit and Milk

### Thursday 9-8-22

**Breakfast:** Apple Juice, Whole Fruit, Cinnamon Toast Crunch, & Milk

**Lunch:** Pasta w/Meat Sauce, Garden Salad, Sliced Pears & Milk or Ham & Cheese Sandwich, Grape Tomatoes, Carrots & Celery, Whole Fruit and Milk

### Friday 9-9-22

**Breakfast:** Grape Juice, Mixed Berry Cup, Waffle and Milk

**Lunch:** WPK Bowl (Popcorn, Mashed Potato, Corn, Country Gravy, Cheddar Cheese), Dinner Roll and whole fruit or Pretzel w/Cheese Sauce, Carrots and Celery, Whole Fruit & Milk.

## **Menu 9-12 to 9-16-22**

### **Monday 9-12-22**

**Breakfast:** Apple Juice Cup, Whole Fruit, Coco Puffs & Milk

**Lunch:** Peperoni Pinwheel w/Marinera, Garden Salad, Whole Fruit & Milk or Tuna Sandwich, Carrot Sticks, Mandarin Oranges and Milk.

### **Tuesday 9-13-22**

**Breakfast:** French Toast Sticks, Orange Juice, Mixed Berry Cup and Milk

**Lunch:** Bean & Cheese Burrito, Fiesta Corn, Mixed Fruit & Milk or Cheesy Nacho Boat, Refried Beans, Celery Sticks, Whole Fruit and Milk

### **Wednesday 9-14-22**

**Breakfast:** Strawberry Poptart, Yogurt, Whole Fruit and Milk

**Lunch:** Toasted Cheese Sandwich, Tomato Soup, Cucumber Slices, Raisins or Strawberry Uncrustable, Baby Carrots, Whole Fruit and Milk

### **Thursday 9-15-22**

**Breakfast:** Sausage Sandwich, Whole Fruit, Apple Juice and Milk

**Lunch:** Pulled Pork Sandwich, Coleslaw, Baked Tots, Whole Fruit & Milk or Turkey & Cheese Sandwich, Carrot Sticks, Baked Tots, Diced Peaches & Milk

### **Friday 9-16-22**

**Breakfast:** Lucky Charms, Whole Fruit, Orange Juice and Milk

**Lunch:** Chicken Alfredo, Broccoli, Whole Fruit or Ham & Cheese Sandwich, Grape Tomatoes, Mixed Fruit and Milk

## **Menu 9-19 to 9-23-22**

### **Monday 9-19-22**

**Breakfast:** Capri Sun, Berry Cup, Bagel and Strawberry Cream Cheese

**Lunch:** Cheese Pizza, Garden Salad, Whole Fruit & Milk or Strawberry Uncrustbale, Carrots & Celery, Applesauce and Milk

### **Tuesday 9-20-22**

**Breakfast:** Egg & Cheese Muffin, Orange Juice, Whole Fruit and Milk

**Lunch:** Cheeseburger, Baked Beans, Cauliflower Crowns, Whole Fruit or Turkey & Cheese Sandwich, Carrots or Cauliflower Crowns, Diced Peaches and Milk

### **Wednesday 9-21-22**

**Breakfast:** Cinnamon Toast Crunch, Apple Juice, Diced Peaches and Milk

**Lunch:** Mac-N-Cheese, Green Beans, Cucumbers, Whole Fruit or Ham & Cheese Sandwich, Celery Cucumbers, Pineapple and Milk

### **Thursday 9-22-22**

**Breakfast:** Pancakes, Applesauce, Grape Juice and Milk

**Lunch:** Chicken Nuggets, Dinner Roll, Coleslaw, French Fries, Whole Fruit and Milk or Tuna Sandwich, Carrots and Tomatoes, French Fries, Mandarin Oranges and milk

### **Friday 9-23-22**

**Breakfast:** Chocolate Donut Ring, Whole Fruit, Orange Juice

**Lunch:** Pancake, Scrambled Eggs, Sausage Patty, Hashbrown, Orange Juice and Milk or Grape Uncrustable, Cherry Tomatoes, Whole Fruit or Milk

## **Menu 9-26 to 9-30-22**

### **Monday 9-26-22**

**Breakfast:** Blueberry Muffin, Yogurt, Diced Pears, Milk

**Lunch:** Toasted Cheese Sandwich, Potato Chips, Celery, Whole Fruit or Strawberry Uncrustable, Baby Carrots, Lays Chips, Whole Fruit and Milk

### **Tuesday 9-27-22**

**Breakfast:** French Toast Sticks, Mixed Berry Cups, and Milk

**Lunch:** Loaded Nachos, Salsa, Carrot Sticks, Whole Fruit and Milk or Strawberry Uncrustable, Baby Carrots, Lays Chips, Whole Fruit and Milk

### **Wednesday 9-28-22**

**Breakfast:** Cocoa Puffs, Grape Juice, Whole Fruit and Milk

**Lunch:** Chicken Tender, Brown Rice, Broccoli, Mandarin Oranges and Milk or Ham & Cheese Sandwich, Cucumber, Whole Fruit and Milk

### **Thursday 9-29-22**

**Breakfast:** Sausage Biscuit, Apple Juice Cup, Mixed Fruit and Milk

**Lunch:** Beef Gravy, Mashed Potato, Green Beans, Diced Pears or Tuna Sandwich, Carrots, Whole Fruit and Milk.

### **Friday 9-30-22**

**Breakfast:** Lucky Charms, Orange Juice, Whole Fruit and Milk

**Lunch:** Cheeseburger, BBQ Beans, Coleslaw, Diced Peaches or Soft Pretzel w/Cheese Sauce, Coleslaw, Whole Fruit and Milk