

Template		AM Snack	PM Snack (with Milk)	Fruit/Changes
	<b>Monday</b>	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	<b>Tuesday</b>	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	<b>Wednesday</b>	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	<b>Thursday</b>	Smoothie or Yogurt or Chia Pudding	Homemade	
	<b>Friday</b>	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
CLOSED	<b>Monday</b>			Switch to Tuesday
Sept 4	<b>Tuesday</b>	Pancakes, Fruit	COOKING PROJECT + Applesauce, Goldfish	
Sept 5	<b>Wednesday</b>	Breakfast Bars, Yogurt	Packaged/Pasta, Vegetables	
Sept 6	<b>Thursday</b>	Spinach, Mango, Banana, Coconut Milk Smoothie	Homemade Sesame Noodles & Cucumbers	
Sept 7	<b>Friday</b>	Turkey Sausage, Fruit	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Sept 10	<b>Monday</b>	Cereal and Milk, Raisins	Triscuits, Snap Peas, Cheese Sticks, Fruit	
Sept 11	<b>Tuesday</b>	Overnight Oats, Berries	COOKING PROJECT + Fruit	
Sept 12	<b>Wednesday</b>	Applesauce, Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	
Sept 13	<b>Thursday</b>	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
Sept 14	<b>Friday</b>	Cottage Cheese, Berries	Raw Veggies and Hummus	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Sept 17	<b>Monday</b>	Cinnamon Raisin Toast, Fruit	Rice Crackers, Mozzarella Sticks, Tomatoes, Fruit	
Sept 18	<b>Tuesday</b>	Cereal and Milk, Fruit	COOKING PROJECT + Fruit	
Sept 19	<b>Wednesday</b>	Banana, Sunbutter & Oats	Rice Edamame, Soy Sauce	
Sept 20	<b>Thursday</b>	Yogurt, Berries & Milk	Near East Quinoa & Brown Rice, Riced Broccoli	
Sept 21	<b>Friday</b>	Turkey Bacon, Fruit	Fish Sticks, Applesauce, Cucumbers	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Sept 24	<b>Monday</b>	Granola, Yogurt, Berries or Raisins	Seaweed-Rice Crackers, Cheddar, Cucumbers, Fruit	
Sept 25	<b>Tuesday</b>	Wheat Bagels, Sunbutter & Fruit	COOKING PROJECT + Fruit	
Sept 26	<b>Wednesday</b>	Breakfast Bars, Fruit	Mac & Cheese, Broccoli	
Sept 27	<b>Thursday</b>	Mixed Berry, Spinach, Banana, & Avocado Smoothie	Veggie Stir Fry, Rice, Pineapple, Sesame, Soy Sauce	
Sept 28	<b>Friday</b>	Turkey Bacon, Fruit	Raw Veggies, Ranch Dressing	