

September		AM Snack	PM Snack (with Milk)	Fruit/Changes
	Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Sep. 1	Wednesday	English Muffins w/ Cheese & Fruit	Graham Crackers & Yogurt	Fruit/Changes
Sep. 2	Thursday	Breakfast Parfait & Milk	<b>Cooking Project &amp; Fruit</b>	
Sep. 3	Friday	Breakfast Bars, Fruit & Milk	Goldfish & Dried Fruit	
		AM Snack	PM Snack (with Milk)	
Sep. 6	Monday	CLOSED	CLOSED	
Sep. 7	Tuesday	Mini Pancakes & Fruit	<b>Cooking Project &amp; Fruit</b>	
Sep. 8	Wednesday	Breakfast Sausage, Fruit & Milk	Ritz Crackers, Sunbutter & Fruit	Fruit/Changes
Sep. 9	Thursday	Mini Bagels, Fruit & Milk	Sugar Free Pudding & Graham Crackers	
Sep. 10	Friday	Yogurt, Fruit	Fish sticks& Green Beans	
			PM Snack (with Milk)	
Sep. 13	Monday	Applesauce, Toast	Goldfish Crackers & Applesauce	
Sep. 14	Tuesday	Mini waffles, Fruit & Milk	<b>Cooking Project &amp; Fruit</b>	
Sep. 15	Wednesday	Granola, Berries	Rice Cakes & Apple Butter	
Sep. 16	Thursday	Bananas and Honey	Jelly Sandwiches & String Cheese	
Sep. 17	Friday	Cereal & Milk	Chicken Nuggets & Peas	
		AM Snack	PM Snack (with Milk)	
Sep. 20	Monday	French Toast Sticks & Milk	Sugar Free Jello & String Cheese	
Sep. 21	Tuesday	Breakfast Bars, Fruit & Milk	<b>Cooking Project &amp; Fruit</b>	
Sep. 22	Wednesday	Banana Muffins & Yogurt	Tuna Fish & Crackers	
Sep. 23	Thursday	English Muffins w/ Cheese& Applesauce	Fish sticks& Green Beans	
Sep. 24	Friday	Breakfast Sausage, Fruit & Milk	Tortilla Chips & Salsa & Fruit	
		AM Snack	PM Snack (with Milk)	
Sep. 27	Monday	Granola, Berries	Veggie Sticks & Fruit	
Sep. 28	Tuesday	Biscuits & Jelly, Fruit & Milk	<b>Cooking Project &amp; Fruit</b>	
Sep. 29	Wednesday	Cinnamon Toast, Fruit & Milk	Pretzels & Sunbutter	
Sep. 30	Thursday	Cereal & Milk	Grilled Cheese Sandwich & Cooked Broccoli	