


September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Maple Mini Pancakes Orange Juice Nectarine Chocolate Milk 1% Milk	2 Trix Cereal Scooby Doo Grahams Orange Juice Frozen Strawberry Fruit Cup Chocolate Milk 1% Milk	3 Blueberry Muffin Orange Juice Whole Apple Chocolate Milk 1% Milk	4 Strawberry Mini Bagels Orange Juice Grapes Chocolate Milk 1% Milk
7 	8 Oatmeal Breakfast Bun Orange Juice Nectarine Chocolate Milk 1% Milk	9 Apple Jacks Cereal Scooby Doo Grahams Orange Juice Frozen Strawberry Fruit Cup Chocolate Milk 1% Milk	10 Banana Bread Orange Juice Whole Apple Chocolate Milk 1% Milk	11 Bagel Cream Cheese Orange Juice Grapes 1% Milk Chocolate Milk
14 Pan Dulce Orange Juice Red Apple Slices Chocolate Milk 1% Milk	15 Maple Mini Pancakes Orange Juice Nectarine Chocolate Milk 1% Milk	16 Trix Cereal Scooby Doo Grahams Orange Juice Frozen Strawberry Fruit Cup Chocolate Milk 1% Milk	17 Blueberry Muffin Orange Juice Whole Apple Chocolate Milk 1% Milk	18 Strawberry Mini Bagels Orange Juice Grapes Chocolate Milk 1% Milk
21 Pan Dulce Orange Juice Red Apple Slices Chocolate Milk 1% Milk	22 Oatmeal Breakfast Bun Orange Juice Nectarine Chocolate Milk 1% Milk	23 Apple Jacks Cereal Scooby Doo Grahams Orange Juice Frozen Strawberry Fruit Cup Chocolate Milk 1% Milk	24 Banana Bread Orange Juice Whole Apple Chocolate Milk 1% Milk	25 Bagel Cream Cheese Orange Juice Grapes 1% Milk Chocolate Milk
28 Pan Dulce Orange Juice Red Apple Slices Chocolate Milk 1% Milk	29 Maple Mini Pancakes Orange Juice Nectarine Chocolate Milk 1% Milk	30 Trix Cereal Scooby Doo Grahams Orange Juice Frozen Strawberry Fruit Cup Chocolate Milk 1% Milk	All grains served are whole grains. This institution is an equal opportunity provider.	



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Monday	Tuesday	Wednesday	Thursday	Friday
	1 All American Burger Potato Smiles Frozen Strawberry Fruit Cup 1% Milk Chocolate Milk	2 Spicy Chicken Sandwich Cheez-It Crackers Corn Whole Apple 1% Milk Chocolate Milk	3 Beef Taco Stick Cucumber Slices Grapes 1% Milk Chocolate Milk	4 Beef Hotdog Nacho Cheese Doritos Baby Carrots Red Apple Slices 1% Milk Chocolate Milk
7 	8 Pepperoni Calzone Potato Smiles Frozen Strawberry Fruit Cup 1% Milk Chocolate Milk	9 Chicken Tenders Cheez-It Crackers Fresh Broccoli w/ Ranch Whole Apple 1% Milk Chocolate Milk	10 Shredded Beef Burrito Pinto Beans Grapes 1% Milk Chocolate Milk	11 Beef Nachos w/ Tortilla Chips Baby Carrots Red Apple Slices 1% Milk Chocolate Milk
14 PB&J Sandwich Baby Carrots Nectarine 1% Milk Chocolate Milk	15 All American Burger Potato Smiles Frozen Strawberry Fruit Cup 1% Milk Chocolate Milk	16 Chicken Nuggets Cheez-It Crackers Corn Whole Apple 1% Milk Chocolate Milk	17 Beef Taco Stick Cucumber Slices Grapes 1% Milk Chocolate Milk	18 Chicken Patty Sandwich Baby Carrots Red Apple Slices 1% Milk Chocolate Milk
21 Chicken Tamale Baby Carrots Nectarine 1% Milk Chocolate Milk	22 Pepperoni Calzone Potato Smiles Frozen Strawberry Fruit Cup 1% Milk Chocolate Milk	23 Chicken Tenders Cheez-It Crackers Fresh Broccoli w/ Ranch Whole Apple 1% Milk Chocolate Milk	24 Shredded Beef Burrito Pinto Beans Grapes 1% Milk Chocolate Milk	25 Beef Nachos w/ Tortilla Chips Baby Carrots Red Apple Slices 1% Milk Chocolate Milk
28 Chicken Corn Dog Baby Carrots Nectarine 1% Milk Chocolate Milk	29 All American Burger Potato Smiles Frozen Strawberry Fruit Cup 1% Milk Chocolate Milk	30 Chicken Nuggets Cheez-It Crackers Corn Whole Apple 1% Milk Chocolate Milk		

Harvest of the Month

Stone Fruit



Reasons to Eat Stone Fruits-

Eating one medium-sized plum, peach, or nectarine is a good way to get vitamin C and fiber. Vitamins are nutrients that help your body grow and function. Vitamin C helps your body heal cuts and stay strong. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal.