

## Sept. 2018

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
3 <b>Labor Day</b> <b>DSECC Closed</b>	4 B: WG Bagel, orange slices, milk L: Ranch Chicken, Oven Fries, Rolls, Peaches, Milk Sn: Trail Mix, Milk	5 B: WG waffle, Apples, Milk L: Pizza, Salad, Mixed Fruit, Milk Sn: Cheese Crackers, Juice	6 B: WG cereal w/ milk, banana L: Shell Pasta w/ Meat Sauce, Mixed Veg, Pineapple, Milk Sn: Cheese Stick, Crackers, Water	7 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Smoked Sausage, Roasted Sweet & White Potatoes, Roll, Applesauce, Milk Sn: PB Crackers, Milk
10 B: WG cereal w/ milk, juice L: PB & J or Cheese Sand. Carrots, Mixed Fruit, Milk Sn: Graham crackers, milk	11 B: WG English Muffins, orange slices, milk L: Tomato Soup, Toasted Cheese Sand. Banana, Milk Sn: Yogurt, Pretzel Goldfish, Water	12 B: WG waffle, Apples, Milk L: Ground Beef w/ Beans, Spanish Rice, Pineapple, Milk Sn: Chex Mix, Juice	13 B: WG cereal w/ milk, banana L: Sweet & Sour Meatballs, Noodles, Mixed Veg. Pears, Milk Sn: Ritz Crakers, Cheese, Water	14 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Turkey & Cheese Sand. Carrots, Peaches, Milk Sn: Apple Slices w/ PB, Milk
17 B: WG cereal w/ milk, juice L: Baked Mac & Cheese, Peas, Apples, Milk Sn: PB Crackers, Milk	18 B: WG Bagel, orange slices, Milk L: Ham & Bean Soup, Carrots, Crackers, Banana, Milk Sn: Trail Mix, Milk	19 B: WG waffle, apple slices, milk L: Chicken Spagehetti, Salad, Mixed Fruit, Milk Sn: Cheese Crackers, Juice	20 B: WG cereal w/ milk, banana L: Baked Potato, Chili, Cheese, Mand. Oranges, Milk Sn: Fresh Veggies, Crackers, Water	21 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Chicken Patty Sand. Corn, Pears, Milk Sn: Animal Crackers, Milk
24 B: WG cereal w/ milk, juice L: Corn Dog Cass. Mixed Veg. Apples, Milk Sn: Graham Crackers, Milk	25 B: WG English Muffins, orange slices, milk L: Chicken Parm. Cass. Green Beans, Roll, Peaches, Milk Sn: Yogurt, Pretzels, Water	26 B: WG waffle, apple slices, milk L: Hot Ham & Cheese, Carrot Coins, Applesauce, Milk Sn: Chex Mix, Juice	27 B: WG cereal w/ milk, banana L: Mexican Lasagna, Corn, Tropical Mixed Fruit, Milk Sn: Fruit, Crackers & Water	28 B: WG Cinnamon toast, seasonal fresh fruit, milk L: Minestrone, Cheese, Roll, Pears, Milk Sn: Baked Oatmeal Bars, Milk

\*All juice is 100% juice      \*WG=Whole Grain

\*Assorted cereals include: Cheerios, Chex (Corn, Rice, or Wheat), Corn Flakes, Kix, Life, Rice Krispies, Wheaties, etc.