



September

Menu is subject to change based upon availability of meat and produce

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast 8:30AM	Cereal Fresh Organic Fruit Organic Milk	Wheat French Toast w/ Organic Maple Syrup Made with cage free eggs Fresh Organic Fruit Organic Milk	Wheat Toast w/ Butter Yogurt Fresh Organic Fruit Organic Milk	Pancakes Homemade Whole Wheat Pancake Mix Organic Maple Syrup Fresh Organic Fruit Organic Milk	Cereal Fresh Organic Fruit Organic Milk
Snack 10AM	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water
Lunch 11:30AM	Cheese Mostaccioli Wheat Pasta Organic Marinara Parmesan Cheese Organic Vegetables Fresh Organic Fruit Organic Milk	Tacos Ground Turkey w/ Taco Seasoning Wheat LaWash Tortilla Shredded Cheddar Cheese Organic Romaine Lettuce Sour Cream Fresh Organic Fruit Organic Milk	Spinach Spaghetti Organic Spaghetti Noodles Organic Spinach Organic Marinara Sauce Parmesan Cheese Fresh Organic Fruit Organic Milk	Cheesy Turkey & Rice Casserole Organic Ground Turkey Brown Rice Heavy Cream Shredded Cheddar Jack Cheese Organic Mixed Vegetables Fresh Organic Fruit Organic Milk	Sliced Turkey Sliders Sliced Turkey Cheese Slices Wheat Slider Bun Mustard Organic Vegetables Fresh Organic Fruits Organic Milk
Afternoon Snack 3PM	Strawberry & Cream Cheese Roll Ups Organic Strawberry Preserves Cream Cheese Rolled up in a Wheat Tortilla Water	Veggies w/ Homemade Dip Water	Crackers Cheese Slices Water	Trail Mix Pretzel Crisps Craisins Cheerios Cheese Slices Water	Veggies w/ Homemade Dip Water
Snack 5PM	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water
	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast 8:30AM	Cereal Fresh Organic Fruit Organic Milk	Pancakes Homemade Whole Wheat Pancake Mix Organic Maple Syrup Fresh Organic Fruit Organic Milk	Homemade Oat Bars Old Fashioned Oats Organic Agave Butter, Vanilla Fresh Organic Fruit Organic Milk	Wheat Toast w/ Butter Yogurt Fresh Organic Fruit Organic Milk	Cereal Fresh Organic Fruit Organic Milk
Snack 10AM	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water	Fresh Organic Fruit Water
Lunch 11:30AM	Homemade Mac N Cheese Wheat Pasta Organic Butter Heavy Cream Wheat Flour Cheddar Jack & Parmesan Cheeses Organic Peas Fresh Organic Fruit Organic Milk	Turkey Sandwich Sliced Turkey Wheat Bread Romaine Lettuce Mustard Fresh Organic Fruit Organic Milk	Pasta Salad Wheat Pasta Organic Mixed Veggies Italian Dressing Sliced Turkey Fresh Organic Fruit Organic Milk	Turkey Stroganoff Wheat Pasta Organic Ground Turkey Greek Yogurt Sour Cream Parmesan Cheese Organic Vegetable Fresh Organic Fruit Organic Milk	Mini Bagel Sandwich Mini Bagels Sliced Turkey Sliced Cheese Organic Romaine Mustard Fresh Organic Fruit Organic Milk
Afternoon Snack 3PM	Veggies w/ Homemade Dip Water	Crackers Cheese Slices Water	Trail Mix Pretzel Crisps Craisins Cheerios Cheese Slices Water	Veggies w/ Homemade Dip Water	Strawberry & Cream Cheese Roll Ups Organic Strawberry Preserves Cream Cheese Rolled up in a Wheat LaWash Tortilla Water
Snack 5PM	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water	Homemade Snack Water

