

	Monday	Tuesday	Wednesday	Thursday	Friday
September 27	Fruit smoothie and animal crackers	Toast points and jam	Chocolate chip pancake with banana slices	Avocado toast	Fresh fruit with cottage cheese
	Strawberry banana oatmeal	Kiwi muffins and banana slices	Cheese and egg English muffin with fruit	Sausage biscuit with fresh fruit	Blueberry lemon oatmeal
	Chicken carnitas soft taco	Meatball sliders with fresh vegetables and fruit	Bean and cheese quesadilla with steamed vegetables and fresh fruit	Chicken tikka with rice and fresh fruit	Cheeseburger or veggie burger with sweet potato fries and fresh fruit
	Mozzarella sticks with marinara	Pretzel bites with cheese and fruit	Avocado and pineapple muffins with fruit	Sweet potato tots with dipping sauce and fruit	Tomato salsa with pita chips
October 4	Fresh berries and cheerios	Scramble eggs	Whole grain cereal and milk	Blueberry yogurt	Fruit granola bark
	Apple cinnamon cream of wheat	Strawberry waffles with turkey bacon	Cream cheese bagel with fruit	Ham and cheese scramble with fruit	Sausage or cheese croissants
	Turkey jambalaya with roasted vegetables and fresh fruit	BBQ chicken with sweet potato, sauté vegetables and fresh fruit	Spaghetti and meatballs with steamed vegetables and fresh fruit	Salmon or vegetarian fried rice and fruit	Pepperoni or cheese pizza with broccoli and fresh fruit
	Vegetable spring rolls with fruit	Avocado bean dip and pita points	Cheese in blanket	Chicken pot stickers	Fruit salad with yogurt dip and animal crackers
October 11	Waffles and banana	Toasted bagel with apple butter	Rice cakes with sun butter	English muffins and strawberry cream cheese	Berry yogurt
	Scrambled eggs and berries	Yogurt parfait	Grits with turkey sausage and fruit	Strawberry cream of wheat	Banana chocolate muffin with fresh berries
	Mini cheese steak or roasted vegetarian sliders with fresh fruit and steamed vegetables	Stir fry vegetarian jasmine rice and fresh fruit	Fish sticks with broccoli slaw on Hawaiian roll and fresh fruit	Cheese spinach shells with fresh fruit	Chicken tenders with steamed vegetables, tater tots and fresh fruit
	Guacamole and tortilla scoops	Cheese cauliflower bread sticks and fruit	Mini cheese board	Sun butter and cheerios clusters with fresh fruit	Veggie dip cups with crackers
October 18	Strawberry banana yogurt	Hard-boiled egg	Cheese toast	Fruit smoothies with kale	Egg and cheese scramble
	Blueberry pancakes	Bacon cheddar quiche	Cinnamon raisin toast with sun butter	Bacon cheese frittata	French toast and berries
	Egg salad on croissants with steamed vegetables and fresh fruit	Broccoli and chicken casserole rice with fresh fruit	Soft fish taco with steamed vegetables and fresh fruit	Beef or vegetable lomein with fresh fruit	Grilled cheese with steamed vegetables and fresh fruit
	Hummus and fresh vegetables	Garden vegetable cornbread and fruit	Oven fries with dipping sauce	Broccoli and cheese cups	Apple sauce mini muffins and fruit