

## MENU for September 2024

September 2-6

|           | <u>MONDAY</u>    | <u>TUESDAY</u>  | <u>WEDNESDAY</u>   | <u>THURSDAY</u>                                       | <u>FRIDAY</u>  |
|-----------|------------------|---|--|---|--|
| Breakfast |                  | Bagels with cream cheese, Bananas, milk                             | Scrambled eggs, Apples<br>WG bread, milk   | Waffles, Fresh oranges<br>Milk                        | WG Pancakes, Strawberry, Milk  |
| Lunch     | <u>NO SCHOOL</u> | Pea and Keema Stew, White Rice, Carrot Sticks w/Ranch, Apples, Milk | Hamburgers, French Fries<br>Cucumber Slices, Watermelon<br>Milk<br><b>*Lentil Soup</b> | Spaghetti Bolognese, Fresh Salad, Mixed Berries, Milk | Tuna Sandwiches<br>Baked Chips, Carrot Sticks w/Ranch, Oranges, Milk |
| Snack     |                  | Pita bread pizza<br>Grape juice                                     | Yogurt with fruits<br>Water  | Animal crackers<br>Fruit cups<br>Water                | Mozzarella sticks<br>WG crackers<br>Orange juice                     |

September 9-13

|           | <u>MONDAY</u>                                     | <u>TUESDAY</u>   | <u>WEDNESDAY</u>                               | <u>THURSDAY</u>  | <u>FRIDAY</u>  |
|-----------|---|--|--|--|--|
| Breakfast | Wg cereal, fresh mandarins, milk                  | Bagels with cream cheese, Bananas, milk                | Scrambled eggs, Apples<br>WG bread, milk       | Pancakes<br>Fresh oranges<br>Milk                          | Croissants with Jam, Strawberry, Milk                        |
| Lunch     | Tandoori Chicken, Pasta Salad, Watermelon<br>Milk | Chicken Pilaf, Yogurt, Cucumber Slices, Apples<br>Milk | Kofta Kabobs with Pita, Cucumbers, Pears, Milk | Chicken Stir Fried Rice, Roasted Broccoli, Pineapple, Milk | Hotdogs, Baked Chips, Carrot Sticks w/Ranch, Oranges<br>Milk |
| Snack     | Graham crackers<br>Apple sauce<br>Milk            | Pita bread pizza<br>grape juice                        | Yogurt with fruits<br>water                    | animal crackers<br>Fruit cups<br>Water                     | Mozzarella sticks<br>wG crackers orange juice                |

## September 16-20

|           | <u>MONDAY</u>   | <u>TUESDAY</u>  | <u>WEDNESDAY</u>   | <u>THURSDAY</u>   | <u>FRIDAY</u>                                      |
|-----------|---|---|--|---|--|
| Breakfast | WG cereal<br>Cheerios<br>Fresh orange<br>Milk               | Whole grain<br>Pancakes/Syrup<br>fresh oranges, milk            | French toast sticks<br>Fresh orange<br>slices<br>Milk                    | Scrambled eggs<br>WW toast, Milk                                  | Croissant with<br>chocolate,<br>strawberry, milk   |
| Lunch     | Spaghetti<br>Bolognese,<br>Salad,<br>Mixed Berries,<br>Milk | Chicken Biryani,<br>Yogurt, Cucumber<br>Slices, Apples,<br>Milk | Baked Chicken,<br>Mashed Potato,<br>Carrot Sicks,<br>Pineapples,<br>Milk | Asian-style Beef<br>Noodles, Roasted<br>Broccoli, Oranges<br>Milk | Tuna sandwich,<br>Baked Chips,<br>Bananas,<br>Milk |
| Snack     | cheese<br>quesadilla, apple<br>juice                        | Yogurt drink,<br>graham crackers                                | cream cheese<br>rolls<br>Fresh fruit<br>Milk                             | PB AND J<br>sandwiches<br>apple juice                             | Cheese sticks WG<br>Crackers apple<br>juice        |

## September 23-27

|           | <u>MONDAY</u>   | <u>TUESDAY</u>                                       | <u>WEDNESDAY</u>  | <u>THURSDAY</u>   | <u>FRIDAY</u>   |
|-----------|---|--|---|---|---|
| Breakfast | Wg cereal<br>bananas, milk  | Scrambled eggs<br>W toast, fresh<br>oranges, Milk    | Croissants, with<br>Jam, banana, milk                                     | Bagels with cream<br>cheese, strawberry,<br>milk        | WG waffle/ syrup<br>fresh oranges<br>milk                   |
| Lunch     | Beef Nachos/<br>Burritos, Corn,<br>Veggie Slices,<br>Grapes<br>Milk<br>* Beef Pasta | Baked Fish,<br>White Rice, Salad<br>Bananas,<br>Milk | Chicken Tenders,<br>Potato Wedges,<br>Cucumber<br>Slices, Oranges<br>Milk | Butter Chicken,<br>Rice, Fresh Salad,<br>Pears,<br>Milk | Chicken<br>Shawarma,<br>Cucumber Slices,<br>Apples,<br>Milk |
| Snack     | Applesauce,<br>graham crackers  | Yogurt with fruits<br>water                          | PB/jelly sandwich<br>Grape juice  | Mini bagels pizza,<br>apple juice                       | Cheese sticks,<br>Crackers orange<br>juice                  |