





# SEPTEMBER 2020

BREAKFAST MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>2</b> <b>Assorted Cereal w/ Cheese Stick</b> Fresh Whole Fruit Milk	<b>3</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>4</b> <b>Yogurt w/ Whole Grain Grahams</b> Fresh Whole Fruit Milk
<b>7</b> LABOR DAY	<b>8</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>9</b> <b>Assorted Cereal w/ Cheese Stick</b> Fresh Whole Fruit Milk	<b>10</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>11</b> <b>Yogurt w/ Whole Grain Grahams</b> Fresh Whole Fruit Milk
<b>14</b> <b>Assorted Cereal w/ Whole Grain Muffin</b> Fresh Whole Fruit Milk	<b>15</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>16</b> <b>Assorted Cereal w/ Cheese Stick</b> Fresh Whole Fruit Milk	<b>17</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>18</b> <b>Yogurt w/ Whole Grain Grahams</b> Fresh Whole Fruit Milk
<b>21</b> <b>Assorted Cereal w/ Whole Grain Muffin</b> Fresh Whole Fruit Milk	<b>22</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>23</b> <b>Assorted Cereal w/ Cheese Stick</b> Fresh Whole Fruit Milk	<b>24</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>25</b> <b>Yogurt w/ Whole Grain Grahams</b> Fresh Whole Fruit Milk
<b>28</b> <b>Assorted Cereal w/ Whole Grain Muffin</b> Fresh Whole Fruit Milk	<b>29</b> <b>22</b> <b>Breakfast Bar or Bagel</b> Fresh Whole Fruit Milk	<b>30</b> <b>Assorted Cereal w/ Cheese Stick</b> Fresh Whole Fruit Milk		

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Quote of the Month:  
 "Eat to live, don't live to eat."  
 Reynaldo dos Santos Silva



# SEPTEMBER 2020

LUNCH MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Cheeseburger on Whole Grain Bun</b> Crunchy Chickpeas Fresh Whole Fruit Milk	<b>2</b> <b>Teriyaki Chicken over Brown Rice</b> Green Beans Fresh Whole Fruit Milk	<b>3</b> <b>Turkey &amp; Cheddar on Whole Grain Bun</b> Corn & Tomato Salad Fresh Whole Fruit Milk	<b>4</b> <b>Chicken Caesar Wrap on Whole Grain Tortilla</b> Fresh Whole Fruit Milk
<b>7</b> LABOR DAY	<b>8</b> <b>Turkey Burger on Whole Grain Bun</b> Plantains Fresh Whole Fruit Milk	<b>9</b> <b>Bean, Chicken &amp; Brown Rice Taco Bowl</b> Salsa Fresh Whole Fruit Milk	<b>10</b> <b>Roast Beef &amp; Cheddar on Whole Grain Bun</b> Baby Carrots Fresh Whole Fruit Milk	<b>11</b> <b>Chicken Tender Wrap on Whole Grain Tortilla</b> Fresh Whole Fruit Milk
<b>14</b> <b>Whole Grain Macaroni &amp; Cheese</b> Green Beans Fresh Whole Fruit Milk	<b>15</b> <b>Chicken Caesar Wrap on Whole Grain Tortilla</b> Fresh Whole Fruit Milk	<b>16</b> <b>Teriyaki Chicken over Brown Rice</b> Green Beans Fresh Whole Fruit Milk	<b>17</b> <b>Turkey &amp; Cheddar on Whole Grain Bun</b> Corn & Tomato Salad Fresh Whole Fruit Milk	<b>18</b> <b>Cheeseburger on Whole Grain Bun</b> Crunchy Chickpeas Fresh Whole Fruit Milk
<b>21</b> <b>Turkey Burger on Whole Grain Bun</b> Plantains Fresh Whole Fruit Milk	<b>22</b> <b>Cheesy Whole Grain Linguine with Tomato Sauce</b> Zucchini Fresh Whole Fruit Milk	<b>23</b> <b>Bean, Chicken &amp; Brown Rice Taco Bowl</b> Salsa Fresh Whole Fruit Milk	<b>24</b> <b>Roast Beef &amp; Cheddar on Whole Grain Bun</b> Baby Carrots Fresh Whole Fruit Milk	<b>25</b> <b>Chicken Tender Wrap on Whole Grain Tortilla</b> Fresh Whole Fruit Milk
<b>28</b> <b>Cheesy Whole Grain Pasta with Tomato Sauce</b> Zucchini Fresh Whole Fruit Milk	<b>29</b> <b>Cheeseburger on Whole Grain Bun</b> Crunchy Chickpeas Fresh Whole Fruit Milk	<b>30</b> <b>Teriyaki Chicken over Brown Rice</b> Green Beans Fresh Whole Fruit Milk		

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