





September 2025 Breakfast



Mon	Tue	Wed	Thu
<p>1</p> <p>LABOR DAY– OFFICES CLOSED</p>	<p>2</p> <p>Frosted Mini Wheats (3/4 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)</p>	<p>3</p> <p>Waffles (17 gm.) Pears (1/2 cup) Skim Milk (3/4 cup)</p>	<p>4</p> <p>Cornflakes Cereal (3/4 cup) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)</p>
<p>8</p> <p>Cheerios (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)</p>	<p>9</p> <p>Oatmeal (1/3 cup) Pears (1/2 cup) Skim Milk (3/4 cup)</p>	<p>10</p> <p>Cheese Quesadillas (.5 oz.) Grape Juice (1/2 cup) Skim Milk (3/4 cup)</p>	<p>11</p> <p>Rice Crispie Cereal (3/4 cup) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)</p>
<p>15</p> <p>Corn Chex Cereal (3/4 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)</p>	<p>16</p> <p>Cinnamon Toast (1/2 slice) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)</p>	<p>17</p> <p>Bagels (14 gm.) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</p>	<p>18</p> <p>Kix Cereal (3/4 cup) Tropical Fruit (1/2 cup) Skim Milk (3/4 cup)</p>
<p>22</p> <p>Frosted Mini Wheats (3/4 cup) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)</p>	<p>23</p> <p>Egg Patties (28 gm.) Applesauce (1/2 cup) Skim Milk (3/4 cup)</p>	<p>24</p> <p>Cheese Rounds (.5 oz.) Peaches (1/2 cup) Skim Milk (3/4 cup)</p>	<p>25</p> <p>Cornflakes Cereal (3/4 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</p>
<p>29</p> <p>Cheerios (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)</p>	<p>30</p> <p>Malt-O-Meal (1/3 cup) Apple Juice (1/2 cup) Skim Milk (3/4 cup)</p>		



September 2025 Lunch



Mon	Tue	Wed	Thu
<p>1</p> <p>LABOR DAY– OFFICES CLOSED</p>	<p>2</p> <p>Breaded Chicken Patties (1.5 oz.) Mashed Potatoes (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)</p>	<p>3</p> <p>Lasagna Casserole (1.5 oz.) Green Beans (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)</p>	<p>4</p> <p>Breaded Mozzarella Cheese (1.5 oz.) Lettuce Salad (1/4 cup) Strawberries (1/4 cup) Skim Milk (3/4 cup)</p>
<p>8</p> <p>Turkey Sandwich (1.5 oz.) Carrots (1/4 cup) Oranges (1/2 each) Skim Milk (3/4 cup)</p>	<p>9</p> <p>Mandarin Orange Chicken (1.5 oz.) Broccoli (3/4 cup) Pineapple (1/4 cup) Rice (1/4 cup) Skim Milk (3/4 cup)</p>	<p>10</p> <p>Spaghetti/Meat Sauce (1.5 oz.) Green Beans (1/4 cup) Mango Chunks (1/4 cup) Skim Milk (3/4 cup)</p>	<p>11</p> <p>Macaroni/Cheese/Turkey (1.5 oz.) Peas (1/4 cup) Blueberries (1/4 cup) Skim Milk (3/4 cup)</p>
<p>15</p> <p>Chicken Nuggets (1.5 oz.) Tater Tots (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)</p>	<p>16</p> <p>Beef Stroganoff (1.5 oz.) Corn (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)</p>	<p>17</p> <p>Taco Bake (1.5 oz.) Peas (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)</p>	<p>18</p> <p>Nachos/Meat/Cheese (1.5 oz.) Mixed Vegetables (1/4 cup) Mango Chunks (1/4 cup) Skim Milk (3/4 cup)</p>
<p>22</p> <p>Chicken & Noodles (1.5 oz.) Carrots (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)</p>	<p>23</p> <p>Lo Mein Noodles Chicken Tenders Peas (1/4 cup) Strawberries (1/4 cup) Skim Milk (3/4 cup)</p>	<p>24</p> <p>Vegetable Beef Soup (1.5 oz.) Tropical Fruit (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)</p>	<p>25</p> <p>Hamburgers/Buns (1.5 oz.) French Fries (1/4 cup) Mango Chunks (1/4 cup) Skim Milk (3/4 cup)</p>
<p>29</p> <p>Cheese Ravioli (1.5 oz.) Peas (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)</p>	<p>30</p> <p>Sloppy Joe/Bun (1.5 oz.) Spinach Salad (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)</p>		



September 2025 Snack



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<p>1</p> <p>LABOR DAY– OFFICES CLOSED</p>	<p>2</p> <p>String Cheese (1/2 oz.) Club Cracker (11 gm.) Water</p>	<p>3</p> <p>Strawberries (1/2 cup) Hard Pretzels (11 gm.) Skim Milk (3/4 cup)</p>	<p>4</p> <p>Tortilla Chips (14 gm.) Salsa Apple Juice (1/2 cup)</p>
<p>8</p> <p>Broccoli Florets (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)</p>	<p>9</p> <p>Cheese-It Crackers (11 gm.) Skim Milk (1/2 cup)</p>	<p>10</p> <p>Strawberry Yogurt (4 oz.) Banana (1/2 cup/1 each) Water</p>	<p>11</p> <p>Simply Chex (14 gm.) Skim Milk (1/2 cup)</p>
<p>15</p> <p>Turkey Sandwich (1/2 oz.) Water</p>	<p>16</p> <p>Mixed Fruit Cup (1/2 cup) Saltine Crackers (11 gm.) Water</p>	<p>17</p> <p>Breadstick w/ Mozzarella (1 each) Marinara Sauce Water</p>	<p>18</p> <p>English Muffin (14 gm.) Jelly Skim Milk (1/2 cup)</p>
<p>22</p> <p>Animal Crackers (11 gm.) Applesauce (1/2 cup) Water</p>	<p>23</p> <p>Hard Cooked Egg (1 each) Saltine Crackers Water</p>	<p>24</p> <p>Cauliflower (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)</p>	<p>25</p> <p>Sunflower Butter (TBSP) Celery (1/2 cup) Water</p>
<p>29</p> <p>Banana (1/2 cup/1 each) Yogurt (4 oz.) Water</p>	<p>30</p> <p>Baby Carrots (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)</p>		